

After 12 terms, Monroe Flinn is retiring from politics.

See News, Page 5A

A good breakfast can provide the get-up-and-go for the rest of the day.

See Food, 1C

The Warrior soccer team falls to Vianney 3-0.

See Sports, Page 1B

Granite City Journal

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Volume 17, Number 71

Wednesday, Sept. 8, 1993

4 Sections 36 Pages

Selph: Study valuable Ideas merit review, Mayor says

By Bob Slate
Staff writer

Mayor Ron Selph's reaction is mixed to recommendations contained in a professional management review of city operations. "All of us can come up with a Utopian concept. But we have to look at the suggestions and take a practical look at the recommendations," Selph said. "There are a lot of good ideas and there are a lot of completely impractical and even illegal recommendations. But when it comes to changes, I think in all cases we should let the people decide what they want."

Selph said whether or not a switch to a city manager form of

government would be good for Granite City is "up for grabs," but that he has learned that a past referendum on the matter failed.

"I consider myself a manager, an administrator. That is, in essence, what I am doing. The only difference is, I am elected by the people rather than appointed by the City Council. Doesn't it make sense, in the system of checks and balances, for the city's administrator to be accountable to all the people rather than to 14 aldermen?" he asked.

He said that a city manager form of government has not eliminated all of the problems in neighboring cities that have

adopted that form of government. "It isn't a panacea that will solve all of the city's problems," he said.

"If the concept is so great, why do we elect a president or a governor? Why not a national manager or a state manager?" he said.

But he did say he likes the idea of a personnel manager or a chief-of-staff to assist in the daily operations of the city. "I like the idea of a chief-of-staff, although I think I am capable of doing the job myself. But it would be nice to have someone who could keep me abreast of the latest changes in employment laws and help



Mayor Ron Selph ... mixed view of study develop policy. On the issue of appointing department heads, Selph said he (See SELPH, Page 8A)

Study calls council 'reform' important

By Bob Slate
Staff writer

The Granite City Council will be a key to turning around the city's financial standing, a report says. And the council can start by reforming itself.

The Melville management review of city operations makes several recommendations which will require action by the City Council — including reducing the size of the council, redefining aldermanic responsibilities, streamlining council procedures and policing itself by establishing ethics guidelines. The study was commissioned

by the City Council and a group of city business leaders who shared in the cost of the review. The study suggests that the City Council reduce its size from 14 ward aldermen, increase "at-large" representation and redefine its role in the city's operations.

While aldermanic salaries appear to be reasonable based on surveys of other cities, most cities have smaller councils, the study states. Collinsville, for example, which has a city manager form of government, has only four council members. Currently, aldermanic (See COUNCIL, Page 8A)

Acid spill forces 100 to evacuate

By Mike Myers
Staff writer

Joyriders in a truck filled with 20 barrels of acid drove about 100 Mitchell residents from their homes early Monday morning. At least two people police describe as joyriders stole a truck filled with plastic barrels of a corrosive acid from the Enclean Co. in Mitchell and drove it through Mitchell, north on Pogue Road, then south on Highway 3 to Granite City. They finally abandoned the truck on West Rock Road.

As the truck went along, the acid-filled barrels were apparently pushed out of the truck onto the road. About half of those barrels split open on contact. "It looked like the barrels were dropped from the back of the truck one at a time," said Mitchell Fire Chief Eddie Lee. "Like most acids, left alone it is just corrosive. But when mixed with water, this acid releases a poison gas and that's what we were worried about."

Lee said the fire department was called out at 6:10 a.m. and, with crews from the company, began the cleanup process immediately.

"Then about 7 a.m. it started to sprinkle rain, so we decided to be on the safe side and order an evacuation," Lee said. Lee said the main problems in

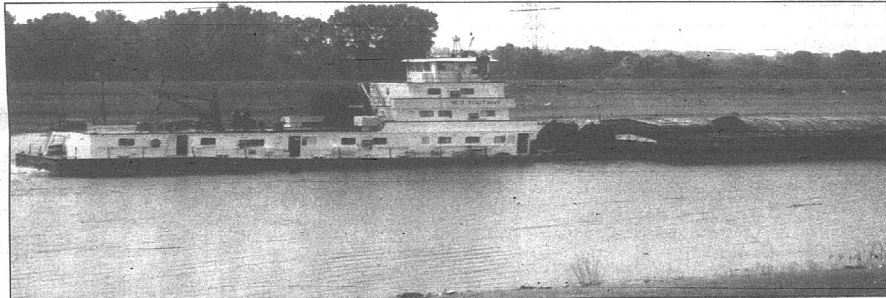
'Like most acids, left alone it is just corrosive. But when mixed with water, this acid releases a poison gas and that's what we were worried about.'

— Eddie Lee
Mitchell fire chief

Mitchell were Moreland Drive — where about 11 barrels had been dumped — and the 100 block of East Chain of Rocks Road — where five barrels were dumped. "By about 11 a.m. the Enclean people had it cleaned up and the evacuation was over by 11:45," Lee said.

Lee said two more barrels were dumped on Pogue Road outside Mitchell and a couple more on Highway 3 in Granite City.

Granite City Police Capt. Kip Pomeroy said two barrels had been dumped in Granite City, one on the overpass behind A.O. Smith and another at the Rock Road intersection. He said the barrel on the overpass had split open, but the other remained intact. Enclean cleaned the spill, Pomeroy said.



A barge makes its way through the Chain of Rocks canal after the canal was reopened.

(Staff photo by PAM DOPKE-HURD)

Port district operations resuming

By Mike Myers
Staff writer

The Great Flood of 1993 did about a half-million dollars damage to facilities at the Tri-City Regional Port District.

But the district's biggest flood damage was the tonnage lost during the month-long period when the port — and the Mississippi River — was closed to barge traffic. "We normally ship about 3 million tons a year. It's too early to tell how much less will go out this year, but it could be a significant amount," said Jerry Lavelle, the district's engineer. "Some of the shipments may have

River system called a potential gold mine...See Thursday's Press Record

just been delayed and will go out now that the port's reopened.

"Other shipments may have been diverted to other forms of transportation. And some shipments may be lost opportunities and never move."

During much of the summer flooding — beginning about the first of July — much of the Missouri River and upper Mississippi River were closed to shipping. Four of the

five docks in the port district were closed the middle of July, Lavelle said.

"One of the private docks stayed open well into the flood," Lavelle said. "I think he kept going right up to the first week of August."

On Aug. 1 — when the Mississippi crested here at an all-time record 49.43 feet — both the port district's public general cargo dock and the dock operated by National Steel were under six or seven feet of water.

"Just to put that in perspective, in 1973, the previous record flood, the water never got onto our public general cargo dock," Lavelle said. "It was lapping at the front (See PORT, Page 8A)

Subscription envelope inside today's paper

Included in today's issue of your Journal is a voluntary subscription envelope for the second half of 1993. Your semiannual subscription helps defray a small portion of the costs for news, sports and feature content in your Journal every week.

During the fall, the Journals will be adding value in a variety of areas, including lists of anniversaries and birthdays, coverage of junior league football and more people news in general.

There will be more local color photos on the news pages and on sports, and we'll continue to deliver the community coverage you expect — from business news to school menus and high school sporting events.

On the enclosed envelope, there is a designated space for your comments. We welcome suggestions that you might have about improvements which will help make the Journal more valuable to you.

Thank you for your continuing support.

Scott Queen
Managing Editor



(Photo by DIANA KINDER)

Ready, set, jump! — Holding son Brandon in one arm, Jim Gaddo holds daughter Jamie Dant's frog in the other before a frog race at the Mitchell Fair. See Thursday's Press-Record for more photos of the Mitchell Fair.

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In the Journal

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Band ready

The Granite City Community Band will begin its seventh season on Thursday with a rehearsal at 7:30 p.m. at St. John United Church of Christ, 2901 Nameoki Road. Musicians interested in joining the band may attend the rehearsal and should bring their own stand. Openings are available in all sections. Rehearsals will be held every Thursday from 7:30 to 9 p.m.

Coming Thursday...

Lifestyle — More area residents are honored with Home Pride awards.

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Police log

Theft alleged
Morris P. Rayoum Jr., 26, of the 2200 block of Grand Avenue, was arrested at 8:35 a.m. Aug. 27 on a felony warrant charging him with theft of more than \$300. In an Aug. 21 incident, Rayoum received a check from a

woman for work he had performed for her, then told the woman that the bank would not cash the check and received additional checks, cashing them all for a total of \$400, according to an information.

Speeder charged
James E. Moulden, 27, of the 2900 block of Ernest Avenue, was arrested at 1:10 a.m. Aug. 28 for driving under the influence of alcohol and speeding. An officer reported clocking a

blue 1993 Pontiac Grand Prix at 46 miles per hour in a 30 mph zone on eastbound Edwardsville Road.

Three charges filed
Thomas A. Chancellor, 30, of

the 3000 block of Kirkpatrick Homes, was arrested Aug. 28 and charged with domestic battery and two counts of battery. He allegedly threw a 36-year-

old woman out the back door of his apartment, injuring her elbow in the process; grabbed his 20-year-old wife by the throat and threw her against a wall, and kicked a police officer.

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Published twice weekly by Suburban Newspapers of Greater St. Louis, Inc.

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Mediator called for in BAC negotiations

Officials gridlocked in Belleville Area College employee contract negotiations are hoping a mediator can push past the sticking point of health benefits. College President Joseph Cipri said Thursday he would like to see a mediator enter the negotiations within two weeks.

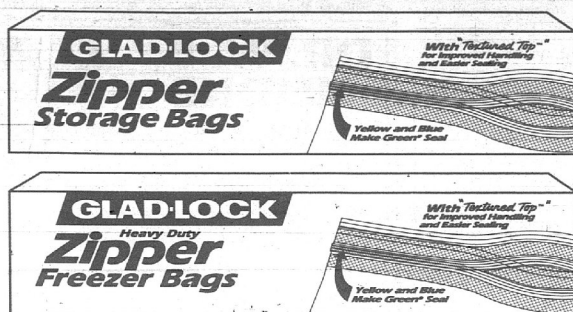
Both sides are grappling over the percentage of

premium increases employees will pay. Faculty Union President Leo Welch said there are no plans to strike, adding that employees would continue to work, but not "indefinitely" without a new contract.

Welch said his side is acting on information about health-care reform coming out of the nation's capital. That information, he said, is tell-

ing him that BAC should "share in the risk" of health cost and pick up 80 percent of increases. Faculty would then cover 20 percent.

Larry Friederich, vice president of human resources, said employees would pick up 100 percent of increased costs in 1994 if the situation remained the same as today. But that won't be the case, he said.



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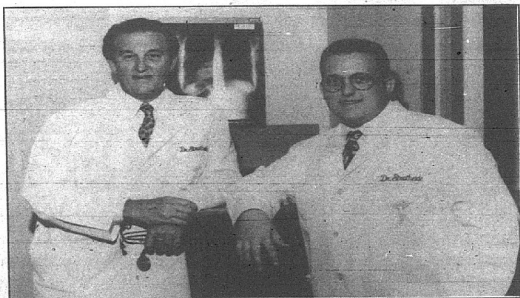
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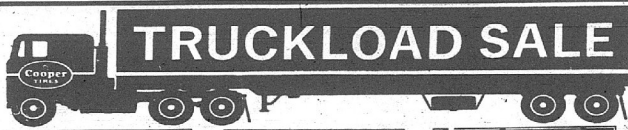
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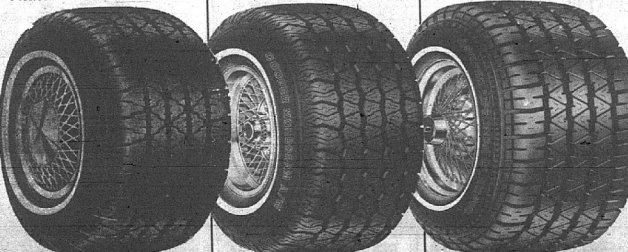
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Durbin gets an earful on school concerns

By Nicole Vaughn
Staff writer

U.S. Rep. Dick Durbin asked area educators to tell him what their concerns are and on Thursday morning he got an earful. Durbin met at Collinsville High School with officials from school districts all over Madison County. The meeting was the first in a series Durbin has planned for the group, dubbed the Madison County Education Advisory Committee.

And these are some of the things Durbin heard: "If you're going to mandate it, somebody's got to pay for it," Highland Superintendent Jim Burgett said. "I can't keep up with the daily mandates for special education."

Burgett said he favors offering the programs, which are required by federal law, but said the government is going to have to give districts the money to do so.

Regional Superintendent of Schools Harry Briggs told Durbin that districts need more "broad based" money from the federal government instead of funds for just target programs.

"If we are going to get money, let's don't have all of the bureaucratic tie-in," Briggs said. "Let us do some things for kids — not carte blanche — but give us some leeway."

CHS Principal Ron Ganschietz voiced concerns about plans to cut funding for anti-drug programs.

"I don't feel the difficulties in the drug area at CHS that we experienced 10 to 12 years ago," Ganschietz said. "If these monies are gone it would be like the flood waters remaining high and you just forget about the levee."

And while a lot of focus was put on what the federal government is doing wrong, there was also mention of programs that were being done right.

Unit 10 Superintendent John Renfro, Triad Superintendent William Hyten and Burgett all spoke favorably of the Chapter 1 program that offers remedial education in reading and math to youngsters.

Durbin asked about the breakfast program which the federal government has included in its free and reduced lunch program.

"I'm concerned about whether a child has enough nutrition to be able to concentrate in order to learn," Durbin said. "For some kids,

a good breakfast and a good lunch (at school) are the only meals they'll have in a day."

Renfro and Hyten both lauded the success of the breakfast program.

Durbin said he felt the meeting Thursday, the first of the advisory group, gave him an idea of "what's on everyone's mind."

He said he would take many of the issues back to Congress with him.

Durbin said he looked forward to meeting with the group again, although no date was set for another meeting.

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The banquet will be held at 7 p.m. at the Regal Riverfront Hotel (former Clarion), 200 South Fourth St., St. Louis. Tickets are \$30 or \$100 for VIP seating.

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After 12 terms, Flinn calls it quits

By Peggy O'Farrell
Staff writer

State Rep. Monroe Flinn says 12 terms are enough. The Cahokia Democrat will retire from the state legislature when his current term ends in 1995.

Were he to seek re-election, Flinn, 75, would have to run against State Rep. Wyvetter Young, D-East St. Louis, in the 1994 primary.

After the state was redistricted following the 1990 census, Cahokia was thrown into the 13th District, which Young represents. Flinn currently represents the 14th District, which extends from Millstadt through Belleville and into parts of Granite City and Pontoon Beach.

Flinn had originally said he would move to the Belleville area, but changed his mind. "I don't choose to run against Wyvetter Young because of the map," he said. Young represents a predominantly black district, and voters cast ballots along racial lines, Flinn said.

He said his recent bout with illness "gave me time to think" about whether or not to run for a 13th term. Flinn added, though, that his health is fine and is not a factor in his decision. "I feel good," he said.

"I'm not liking the idea of

quitting, but there comes a time in everyone's life when change must take place, and I feel like it's just as well that somebody else has a chance to take over and build up some power and some influence," he said.

"I realize that I'll leave a power vacuum somewhat for St. Clair County, but that's going to happen. I'm going to miss a lot of people up here," Flinn said.

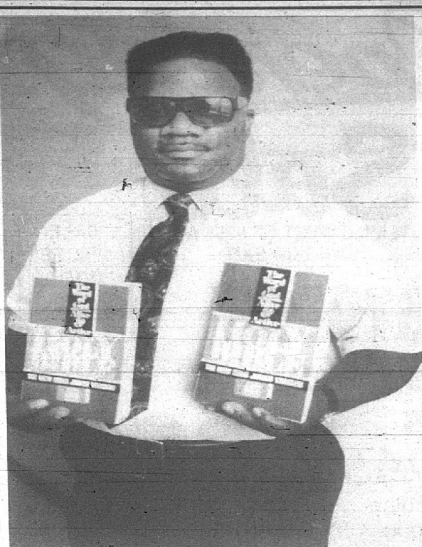
Flinn, a former Granite City Steel yardmaster and St. Clair County Board member, was first elected to the General Assembly in 1971. "I've had a rich, full life in politics," he said.

He said he might stay involved in the legislative process, "not necessarily lobbying. I might just watch for good legislation for St. Clair County and other counties, and maybe help it get passed."

Flinn listed a number of highlights of his career, including revamping the old East Side Levee District into the Metro East Sanitary District.



Flinn



Donations — The "We Share" ministry of the New Salem Missionary Baptist Church in Venice recently donated 50 Bibles to the Jacksonville Correction Center. Rev. John Henry Williams, pastor of New Salem, said "We Share" also has Bibles available to anyone needing help. The program can be contacted by writing New Salem We Share, P.O. Box 38, Venice, IL 62090, or by calling 451-1303.

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Cost-share plan on flood assailed

SPRINGFIELD — The federal government's plan for cost sharing on flood damage is being ripped as unfair to Illinois.

U.S. Rep. Richard Durbin and a top aide to Gov. Jim Edgar charged that the policy announced Thursday will result in Missouri getting 90 percent reimbursement for public flood costs and repairs while Illinois only receives 75 percent.

The Federal Emergency Management Agency policy would make states eligible for the higher reimbursement only if non-agricultural, flood-related losses totaled more than \$64 per person.

Durbin, D-Springfield, and Allen Grosbobl, Edgar's flood response coordinator, said the policy discriminates against Illinois because of its large population of about 11.4 million.

Illinois would have to have about \$744 million in flood damage to qualify for the 90 percent reimbursement. So far it has projected only about \$210 million in eligible damages.

"I've told FEMA this is totally unacceptable and unfair," Durbin said, arguing Illinois should not be penalized because its population is greater than other flood-stricken states.

"Missouri was struck in major population centers while we were hit in smaller river towns," Durbin added, charging FEMA was "using a double standard."

Missouri has so far projected

\$292 million in eligible damages but would have to have about \$327 million to qualify for 90 percent federal reimbursement.

Grosbobl said that gives Missouri officials an incentive to inflate costs. "If Missouri is able to get 90 percent funding and we in Illinois are only able to get 75 percent, that is exceedingly unfair," he said.

"For communities like Alton, Grafton and Hardin, this decision provides no additional help," Grosbobl added.

State Rep. Jim McPike of Alton noted the reimbursement issue was a federal matter but acknowledged that if the FEMA policy is not changed there could be a greater burden on the state to help communities recover.

The FEMA standard "doesn't make any sense at all," McPike said. "Each town should get the same treatment and the state's total population shouldn't matter."

The 25 percent nonfederal share of repair costs could come from either state or local sources, but Grosbobl said the governor has not made a decision on how much the state will help counties and towns.

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Student grants are delayed

Area college students receiving grants from the Monetary Award Program of the Illinois Student Assistance Commission can expect a delay in receiving the money, ISAC officials said.

Officials at both Belleville Area College and Southern Illinois University at Edwardsville say they are taking steps to assist the students affected by the delay.

Cindy Parks, director of financial aid at BAC, said approximately 1,700 BAC students may be affected by the delay. "We have completed estimates of student eligibility and will assist students by extending due dates for tuition and fees," Parks said. "Students who have questions may call 235-2700, extension 238."

Marian Smithson, director of student financial aid at SIUE, said MAP funds are a significant part of more than 2,000 SIUE student financial aid packages.

"Consequently, we have not waited for the state to notify us or our students. Instead, using the startup formula approved for the program, we included an estimated MAP grant in appropriate undergraduate financial aid packages."

"That estimate have been part of the financial aid anticipated to financially clear students for the fall term."

The delay is due to several factors, according to Bob Clement, ISAC spokesperson.

"Changes in the federal financial aid system, a delay on the decision on the federal Pell Grant amount and changes in the federal Department of Education's reporting of school codes all played a role," Clement said.

ISAC typically notifies students of an estimated MAP award during March or April followed by a final award recalculation in September, after state funding for the program has been approved.

"We will process the state MAP grants as soon as we receive notification from the ISAC," Parks said.

University officers are trying to work out a way to provide refunds by the fifth week, using estimated awards, Smithson said.

"Our preference will be to provide full funds, but we will, at minimum, plan to provide some overage to students by late September."

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POWs, MIAs to be honored

Scott Air Force Base, local veterans' organizations and former POWs (prisoners of war) will pay special tribute to fallen comrades at 9 a.m. Sept. 10 with a recognition ceremony at the base parade field.

Civilian and military volunteers will later stand guard under the American and POW-MIA flags for what will be a 12-hour vigil beginning at 10 a.m.

"We want to remind people of the great debt that we owe to these military members unaccounted for from past wars," said Tech. Sgt. Terry Jenkins, vice president SAFB POW-MIA Council. "We are indebted not just to those servicemen, but to their families as well."

The POW-MIA Council at SAFB has been raising money to build a memorial re-affirming Scott's commitment to the POW-MIAs who have sacrificed their lives. What once began as an idea two years ago, will become reality this week when Jenkins lays the last stone on the corner of Heritage Drive and "B" Street.

"We still need to finish the landscaping and to eventually add a couple of benches," said Jenkins. "We hope that people will take the time to stop by and pay respect to all those who have served our country and to let them know they are not forgotten."

Foot Notes

by Dr. Armand A. Kachigian



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Neither reptile skins, patent leathers nor synthetics are suitable. Stocking must also fit comfortably and be friction-free. Never wear circular garters or stockings with tight top bands. Also, don't wear support hose unless approved by your doctor, as these can inhibit circulation.

P.S. A diabetic should never walk barefoot, due to the danger of splinters and injury.

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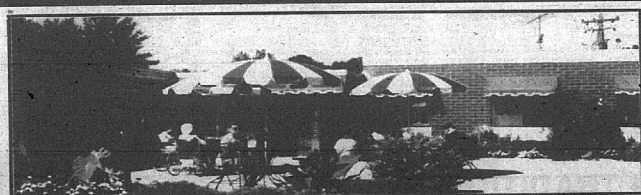


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Obituaries

Martin Schuster

Martin E. Schuster Sr., 86, of Collinsville, formerly of Granite City, died at 5:03 p.m. Friday, Sept. 3, 1993, at St. John Mercy Medical Center, St. Louis. He was born July 29, 1907, in Venice and had been a resident of Collinsville for the past 27 years.

He was employed in the Department of Metallurgical Inspection at Granite City Steel for many years prior to his retirement in 1968 and was of the Baptist faith.

Survivors include his wife, Ruth (Street) Schuster, whom he married Nov. 29, 1929; one son, Fred Schuster of Collinsville; one brother, Emanuel Schuster of Hollywood, Fla.; and one grandchild.

He was preceded in death by one son, Martin Schuster Jr., who died in 1961; his parents, William and Emma Schuster; two brothers and three sisters.

Services will be held at 1 p.m. today at Irwin Chapel, 3960 Maryville Road, Granite City, with the Rev. Blaine K. Kieffer officiating. Burial will be at Sunset Hill Memorial Estates, Glen Carbon.

Memorials are requested for the American Cancer Society or the American Heart Association or the donor's choice.

Muriel Fujiwara

Muriel M. (Maschka) Fujiwara, 63, of Barnhart, Mo., died at 9:48 p.m. Friday, Sept. 3, 1993, at St. Anthony's Medical Center, St. Louis County, St. Louis. She was born May 19, 1930, in Sioux Falls, S.D.

She was a homemaker and was of the Methodist faith.

Survivors include her husband, Hideo Fujiwara; three sons, Kim H. Fujiwara of St. Louis, Sgt. 1st Class Kent L. Fujiwara of Kenosha, Wis., and Gen. Hideo Fujiwara of St. Louis; three daughters, Kerl R. Robertson of Virginia, Kil L. Fujiwara of Columbia, Ill., and Kori M. Fujiwara of Idaho; one brother, Jack L. Maschka; and 10 grandchildren.

She was preceded in death by one son, Christopher P. Fujiwara, who died in 1983; her parents, Arthur and Ruth (Lynch) Maschka; one brother and one sister.

Services were held Monday at Cahokia Park United Methodist Church, Cahokia, with the Rev. James Schuetz officiating. Her remains were cremated. Arrangements were by Davis Funeral Home, Granite City.

Terri Beavers

Terri L. Beavers, 18 months old, of Granite City, died at 12:42 p.m. Saturday, Sept. 4, 1993, at Cardinal Glennon Children's Hospital, St. Louis, after a short illness. She was born March 9, 1992, in Granite City.

Survivors include her parents, Floyd Beavers and Carrie Armstrong, both of Granite City; three brothers, Daniel Armstrong, Jason Armstrong and Gregory Armstrong, all of Granite City; her grandparents, Donna Beavers of Texas, and Doug and Betty Wimbish of Granite City; and her great-grandparents, Floyd and Ruth Dickson of Harris, Texas, and Lucy Parker of Dresden, Tenn.

Services will be held at 1 p.m. today at Mercer Mortuary, 416 Niedringhaus Ave., Granite City, with the Rev. Alan Sikes officiating. Burial will be at St. John Cemetery, Granite City.

Bill Smithson

Leslie William "Bill" Smithson Jr., 59, of Granite City died at 11:32 p.m. Saturday, Sept. 4, 1993, at St. Elizabeth Medical Center after a three-year illness. He was born Aug. 6, 1934, in Flagstaff, Ariz., and had been a resident of Granite City for more than 21 years.

A warehouseman and supervisor at Hecro Chemical Co. for the past 29 years, he was a member of Holy Family Catholic Church in Granite City, where he was Wilson School PTA, where he was a past president. He was a minister.

Survivors include his wife, Elizabeth (Marler) Smithson; one daughter, Leslie Stockman of Granite City; two brothers, Tom and Jim Smithson, both of Albuquerque, N.M.; and three grandchildren.

He was preceded in death by his parents, Leslie William Smithson and Josephine Mary (Azure) Smithson, who died in 1989.

Services are set for 9 a.m. today at Holy Family Catholic Church, 2606 Washington Ave., Granite City, with the Rev. William Fisher officiating. Burial will be at Calvary Cemetery, Glen Carbon. Arrangements are by Irwin Chapel, Granite City.

Martha Dyer

Martha Jean (Harper) Dyer, 79, of Worden, formerly of Granite City, died Monday, Sept. 6, 1993, at Barnes Hospital, St. Louis.

She was born July 24, 1914, in Rector, Ark., and had been a local resident for 32 years prior to moving to Worden in 1948.

She was a salesperson and manager at Comfort Heald in Granite City, Carp's Department Store here and Famous-Barr Co. before retiring in 1984. She was a member of Beta Sigma Phi and the Business and Professional Women and was of the Protestant faith.

Survivors include two sons, Marshall Dyer and Jack R. Dyer, both of St. Louis; one daughter, Lynn Ogden of Worden; one brother, Joe W. Harper of Mesquite, Texas; one sister, Dora Bucklin of Oklahoma City; and seven grandchildren.

She was preceded in death by her husband, William Riley Dyer, who died in 1962; and her parents, Jack and Nancy (Wallace) Harper.

Visitation is from 5 to 8 p.m. today at Irwin Chapel, 3960 Maryville Road, Granite City, where services will be held at 11:30 a.m. Thursday with the Rev. Dale Skees officiating. Burial will be at St. John Cemetery, Granite City.

By Bob Slate

Staff writer

Mayor Ron Selph has no problem with the current size of the City Council.

A recent professional management review of city government recommended reducing the number of aldermen and redefining the City Council's role in government.

A recent attempt to put an aldermanic reduction referendum on the November ballot was unsuccessful.

"I agree, to an extent, that there may be in some cases too much aldermanic involvement in the day-to-day operations of the city. But we have been working to correct that. I have urged the aldermen to come to me with

suggestions rather than going to department heads, and for the most part, the aldermen have been very receptive to that," Selph said.

"I have no problem with 14 aldermen. I think there are a lot of issues that the council has to deal with, and that, to give them the attention they deserve, we need 14 aldermen."

And we appear to be heading toward a good working relationship," Selph said.

Selph said that the voters — "not the mayor or the author of some report" — should decide how many aldermen they want. He said that he does agree with the report's finding that City Council meetings are sometimes too long and unproductive, but disagrees with a recommen-

dation to consolidate the current 14 committees to four or five.

"I agree that much of the information disseminated on the council floor could be discussed in committee meetings prior to the City Council meeting, but there are a lot of issues to cover. Even with committee meetings, some of these issues are just too big to deal with in a small number of committees," he said.

As an example, he cited a two-and-a-half hour Legal and Legislative Committee meeting Thursday night which covered only one topic.

"We just need to have these issues covered as thoroughly as we can before the council meeting," Selph said.

Council

(Continued from Page 1A)

compensation includes \$5,400 in salary, a \$1,200 expense allowance, and optional participation in health plan and retirement benefits if the alderman pays his own premiums.

Total council compensation last year was \$75,600 in salaries, \$15,400 in expense allowances and \$11,200 in benefits, according to the study.

"While ward representation can improve citizen access and governmental responsiveness, council persons are often viewed as representing wards rather than the city as a whole," the study states.

The council can, by referendum, require one alderman per ward or adopt a combined ward-at-large structure. The study recommends restructuring the city's wards, based on population, to broaden representation and strengthen the council's capabilities to carry out policy formulation and oversight roles.

One suggestion is to have four wards with one alderman from each ward, and three at-large seats.

The study also says that some aldermen are currently too involved in the day-to-day opera-

tions of the city, and that "excessive entanglement in day-to-day operating issues can divert a council from critical policy issues, undermine managers and exacerbate employee morale problems."

It recommends adopting an ordinance prohibiting council members with operations and overhauling the council's current committee structure.

"Council meetings are too long and unproductive," the study says.

Currently, the council has 14 standing committees, many of which appear to be functionally related, such as the Street and Alley Committee and the Traffic and Lights Committee, or the Ordinance Committee and the Legal and Legislative Committee.

"Having 14 committees assures each council member of a chairperson position, but also encourages unnecessary interference in city operations," the study states.

The study recommends consolidation of those into five standing committees, adoption of and strict adherence to Robert's Rules of Order, and authorizing a council chairman to preside over meetings.

It also calls for development and adoption of stringent ethics

guidelines governing all public officials to improve the public image of city government and maintain the highest standards of integrity and accountability.

"Many city employees appear to be related to elected officials, and many relatives of city employees are hired in absence of qualification requirements," the study states.

It says that the city has no procurement guidelines concerning conflicts of interest and no remedial mechanisms for addressing official misconduct.

According to the study, the city should:

- Develop and adopt a strong ethics ordinance including provisions for conflicts of interest, campaign contributions and political interference with employee duties;
- Develop guidelines pertaining to nepotism;
- Require all officials to disclose all interests in businesses doing business with the city;
- Require all businesses to disclose all relationships with city employees;
- Submit a referendum to allow voters to recall officials.

Selph

(Continued from Page 1A)

has no problem with the current process of having his appointments approved by the City Council.

He also said that the city should hire more people to fill vacancies. The report recommends seeking employees from outside the city to take advantage of talent not found here.

"As long as the talent is here in Granite City, why not utilize it?" Selph asked.

He cited Sewage Treatment Plant Superintendent Terry Kelahan and City Controller K.P. MacTaggart as examples. "They have done outstanding jobs and they weren't recruited from outside," Selph said.

Port

(Continued from Page 1A)

edge, but it never went over. This time, the dock was at least six feet under water."

Both the Mississippi River and the Port District were back in operation last week as the Mississippi River dropped below flood stage for the first time since April. Lavelle said the port and its seven tenant companies are about 90 percent back in operation, but the flood cleanup is only about 30 percent done.

A railroad that was washed away has been repaired, roads destroyed by the water have been repaired and repairs are well underway at two warehouses that were damaged by the flood, he said. One of the loading conveyors is still not operational, he said, but workers

are replacing a section destroyed by the flood. "The actual operation is repaired," Lavelle said. But there are tons of driftwood that need to be hauled away and a lot of other little things that still need to be cleaned up.

Normally, when the Mississippi River level falls in the fall and winter, shipping is interrupted and businesses at the port district is slow if not halted completely. But not this year, Lavelle said.

A railroad that was washed away has been repaired, roads destroyed by the water have been repaired and repairs are well underway at two warehouses that were damaged by the flood, he said. One of the loading conveyors is still not operational, he said, but workers

Edgar signs bills on juvenile crime

Gov. Jim Edgar recently signed a series of bills that will give law enforcement agencies greater tools to deal with the growing problems of juvenile and gang crime, including levying new felony penalties for those who participate in drive-by shootings.

"The terrifying onslaught of drive-by shootings, though a crisis primarily in the inner cities, is spreading to suburban and downstate cities alike," the governor said. "Prompted by gang retaliation and competition for lucrative drug markets, our young people have resorted to drive-by shootings to settle their scores. Too often, these teenage assassin squads take the lives of innocent bystanders."

House Bill 274 makes firing a weapon from a motor vehicle a Class A felony, punishable by one to three years in prison. In addition, a vehicle's driver can be prosecuted for the same crime if a passenger fires shots from the vehicle with the driver's knowledge and consent. "This legislation will give our police and prosecutors a necessary and powerful weapon for reducing the violence that plagues far too many Illinois neighborhoods," Edgar said. The Governor also signed

Senate Bill 735, initiated by Cook County State's Attorney Jack O'Malley, which requires school districts to provide classroom instruction in the non-violent resolution of conflict.

"We know that children cannot learn in an unsafe and dangerous environment, yet many of our schools have become battlegrounds rather than the safe havens they once were," Edgar said. "We have a responsibility to our students to help them understand the causes and consequences of violent behavior, and to help them learn to respond to conflict without resorting to violence."

"I commend State's Attorney O'Malley and the General Assembly for developing this important legislation that will show our youth how to deal with conflict peacefully and

responsibly, rather than violently and criminally," Edgar added. The Governor noted that U.S. Secretary of Education Richard Riley has proposed federal "safe schools" legislation that could make federal funding available for the program.

Chief sponsors of the bill were Sens. Frank Watson (R-Greenview), Margaret Smith (D-Chicago) and Earlean Collins (D-Chicago) and Reps. Barbara Flynn Currie (D-Chicago), Judy Erwin (D-Chicago), Carol Ronen (D-Chicago), Mary Lou Cowlishaw (R-Naperville) and Bill Balthus (R-Lansing). It is effective Jan. 1, 1994.

Fitness classes scheduled to begin Sept. 13

The Wellness Center, 2103 Iowa St., in Granite City, is offering a variety of fitness classes during its eight-week fall session. Classes begin the week of Sept. 13, unless otherwise noted, and include:

- Aerobics
- Low impact/step aerobics, 6:30 to 7:30 a.m. Monday and Wednesday; 1 to 2 p.m. Monday and Wednesday; and 5 to 6 p.m. Monday, Wednesday and Thursday.
- Step aerobics, 6:30 to 7:30 p.m. Monday, Wednesday and Friday.
- Low impact aerobics, 7:30 to 8:30 p.m. Monday and Wednesday.

Classes held three days per week are \$30; classes held two days per week are \$24. Stretching for Relaxation. A good stress reliever, this class will meet from 6:30 to 7:30 p.m. every Tuesday and Thursday. The cost is \$24.

Fitness over Fifty. This is a great class for people of all ages and exercise levels, and will meet from 10:30 to 11:30 a.m. every Tuesday and Thursday. Fitness over Fifty will run for nine weeks. Cost is \$15.

Walking for Fun and Fitness. Rather than endure the heat of the outside, walk on the low-impact surface of an air condi-

tioned gym. Sessions are, 11:30 a.m. to 2:30 p.m. and 5:30 to 9 p.m. Monday, Wednesday and Friday; 5:30 to 10:30 a.m. and 11:30 a.m. to 2 p.m. Tuesday; 5:30 to 10:30 a.m., 11:30 a.m. to 2 p.m. and 3 to 9 p.m. Thursday; and 7 a.m. to 1 p.m. Saturday and Sunday.

Cost is \$10. Participants must be 14 years or older. All fitness classes are half off for fitness center members. The Wellness Center is a department of Providence, and affiliate of St. Elizabeth Health Services. To register or for more information, please call 798-3995.

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FEMA groping for handle on aid process

Flood victim Cecil Steele calls the federal government's flood relief operation "mass confusion." U.S. Rep. Richard Durbin of Springfield calls it a "mixed bag."

Both assessments are probably accurate. "I've run into a number of people who were completely wiped out," Durbin said. "FEMA has been (to some of those areas), and it's only going to be days before it'll be resolved. But there are other areas still waiting for federal help. The complication is people would like to get on with their lives."

Walter Pierson, Illinois coordinator of the Federal Emergency Management Agency, admits the agency has struggled. "We're flying by the seat of our pants, too," he said. "There have been miscommunication and misunderstanding among the federal and local governments and residents," he said.

"FEMA told us we should go to our local government," said Steele, of unincorporated Harbor Dell near Piassa Creek in Jersey County. "We sent someone up to the courthouse and the people there said they don't know."

Morris King of Harbor Dell said, "We've been sitting down here for three weeks afraid to touch anything." He said a FEMA official told him to "hound" flood insurance officials and county officials.

"He told us that's the only way we'd get anything done," he said. U.S. Rep. Jerry Costello of Belleville said FEMA responded "quickly and efficiently to the flood. However, the longer questions they're trying to answer now will take time."

Local governments should determine if they want to be bought out and notify FEMA,

sparking the agency to make an assessment quickly, Costello said.

"It's not going to be easy, and it's not going to happen overnight. But clearly a decision needs to be made quickly concerning buyouts."

Durbin speculated the main reason for miscommunication concerning who qualifies for federal aid and how much, including buyouts, is the volume of applications FEMA is processing. Through Aug. 31, FEMA had distributed about \$7 million in individual assistance throughout the state, Pierson said. The agency had approved 510 applications for aid in Jersey County; 451 in Calhoun County and 178 in Madison County.

"Individual assistance is going fairly well," Pierson said. However, only 44 of the 1,139 applicants in the three counties had been approved to receive full rental assistance for 18 months, FEMA spokesman Len DeCarlo said.

"Those people's homes have been inspected and it has been determined they will have to move out," DeCarlo said. Interim rental assistance has been approved for 761 applicants, with residents receiving one-time checks averaging \$2,000.

—From the Alton Telegraph

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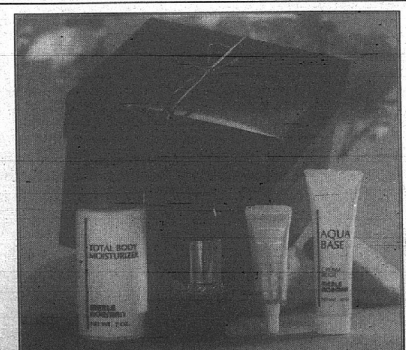
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Walks for Women planned for Oct. 3

In an event designed to bring about greater awareness of breast cancer, the AMC Cancer Research Center, the *Suburban Journals*, Hardless restaurants, KSDK-TV (Channel 5) and radio

station KYKY-FM, (98.1) are sponsoring "St. Louis Walks for Women" at four parks on Oct. 3. Participants who register for the walk will recruit "sponsors" to make donations to the AMC Cancer Research Center based on the number of miles walked. There will be a one-mile and five-mile route in each of four

local parks — Shaw Park in Clayton, Sylvan Springs Park in south St. Louis County, Longacre Park in Fairview Heights, Ill., and Blanchette Park in St. Charles. The walk begins at 12:30 p.m. Prizes for the most successful walkers include round-trip tickets to any Southwest Airlines

destination, a deluxe weekend for two at the Adam's Mark Hotel, passes to AMC Theaters and 1994 Six Flags passes. To register or for more information about the walk, call 569-0500, or fill out a registration form that will be in all Hardless restaurants or in next week's *Journal* newspaper.

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Art Voellinger

Mathews leading local contingent in Cards' system

The lightning that streaked across the skies of Springfield, Ill., should have been enough of a foreshadowing to tell me it was not my night to be in the state capital.

What I had forgotten was a previous Springfield game scheduled for the early season in St. Louis when the Redbirds also were rained out.

MY LUCK. Ride to Springfield with friends for baseball card night last week and to see T.J. Mathews pitch on the heels of a no-hitter and a two-hitter, and the rains prevail. Thanks to conversation, the evening was not a complete loss.

"I've changed how I throw my slider," is the explanation Mathews gave for his recent success.

After 23 games and a team-high 149½ innings, the 6-2, 202-pound Columbia resident had an 11-8 record, a 2.47 earned run average and 140 strikeouts, while allowing only 26 base on balls and 109 hits.

As powerful-looking as his father Nelson, who played nearly five years of major league ball as an outfielder for the Chicago Cubs and Kansas City A's, righthander T.J. has put together the kind of season that should lead to advancement in the minor leagues.

"I'VE HEARD SOME talk about the possibility of moving up to Arkansas (Class AA) next season, but I'm more concerned about our playoffs now," said the 23-year-old former Meramec Community College and University of Nevada-Las Vegas player.

Instrumental in the Redbirds' first-half divisional championship in the Midwest League, Mathews looked forward to starting the opening playoff game this weekend.

"I've been throwing good and the number of innings hasn't made me tired," he said.

In 1992, he figured he threw nearly 230 innings, including his work at UNLV, at Tennessee, Ont. (Class A) and then in the postseason instructional league.

IN HIS NO-HITTER against Burlington on Aug. 13, Mathews had a perfect game until one out in the eighth inning when he hit a batter.

"It was so hot the ball just slipped out of my hand," he said of the pitch that struck the batter's butt.

Mathews explained his "new" slider by extending his arm and snapping his wrist instead of making the snap appear as part of a turning of his entire arm.

"I've gotten advice from a couple of people and I'm fortunate that I'm able to throw strikes with the slider and the fastball," he said.

Asked who was the best player he had seen this season, Mathews said: "We've got a few right here."

Specifically, he referred to former Altoona High star DaRonc Sovall, who had 18 home runs and 73 runs batted in after 119 games and was batting .253.

"HE REALLY HAS gotten stronger and is turning on the ball this year," Mathews said.

At Savannah, Ga., last season, Sovall had a .204 average, seven homers and 40 RBIs in 125 games.

"He's able to hit it with power either way," Mathews said of the switch-hitting outfielder.

Sovall began his pro career in '91 at Johnson City, Tenn., where catcher Joe Wallace of Granite City is in his first pro season and had a .224 average after 50 games with seven homers and 32 RBIs.

OVERTIME: Congrats to radio station WBTV for its coverage of University of Illinois football.

That's something the late David D. Embury, who died Aug. 18, would have liked. Embury, 61, a former owner of WBTV, was an avid booster of area sports and was the best-known owner of McDonald's restaurants in the St. Louis area.

Pair of medalists pace Warriors through first race

Mike Kelly
Correspondent

The Warriors didn't have much to cheer about team-wise Saturday at the 15th annual Granite City Invitational. Individually, however, Granite City did produce a pair of medalists.

Senior Sean Lewis finished 10th (16:07) in the boys race and sophomore Nicole Dunn was 22nd (16:58) in the girls race. As a team, the boys finished 13th and the girls 14th.

BUT GRANITE CITY coach Dave McClain came away smiling. "Our kids did real well," he said. "Their times were respectable. Sure, we were running on our home course, but I saw some positive things out there."

This meet gave our kids a little confidence. Now, we must build on it."

"Sean told me he was going to place high," McClain said. "And he did an excellent job against a talented field. I thought he mapped out his strategy real well. He paced himself and had a strong kick at the end."

LEWIS CREDITS Lance Reynolds, who graduated last season, for making him one of the top runners in the area.

"I was always chasing Lance in practice," Lewis said. "He set the pace for the team last season. Working out with him has benefited me. Now, it's my turn to set the pace."

"I know there's a lot of pressure on me to do well, but I wouldn't want it any other way. Our team has the talent to be good. Getting to the sectional isn't out of the question. We just have to keep improving on a weekly basis."

The sectional, however, is still quite a ways off.

"WE HAVEN'T EVEN turned the corner," McClain said. "We're still down the straightaway. I'm not looking any further than our next meet. But this was a good test for us. If you can come out of here with a medal or two, it says something for your program."

Granite City's highest finisher after Lewis was Keith Seiz, who placed 68th (17:30). Ernie Miller (See RACE, Page 3B)

Sean Lewis
10th place

Granite City Invitational	
Boys	
Team standings	
1. Salem (15:42)	2. Belleville West (15:42)
3. Hazelwood Central (15:42)	4. O'Fallon (15:42)
5. East St. Louis (15:42)	6. Mount Vernon (15:42)
7. Mather (15:42)	8. Jacksonville (15:42)
9. Springfield (15:42)	10. Trid (15:42)
11. Bell City (15:42)	12. Highland (15:42)
13. Granite City (15:42)	14. McClellan (15:42)
15. Collinsville (15:42)	16. Hazelwood East (15:42)
17. Hazelwood East (15:42)	18. Hazelwood East (15:42)
19. Hazelwood East (15:42)	20. Hazelwood East (15:42)
Medalists	
1. Sean (15:42)	2. Schermer (15:42)
3. Nix (15:42)	4. Whigman (15:42)
5. Ross (15:42)	6. Tomin (15:42)
7. Cullen (15:42)	8. Ransy (15:42)
9. Shepherd (15:42)	10. Lewis (15:42)
11. Jones (15:42)	12. Hampton (15:42)
13. Ham (15:42)	14. Hampton (15:42)
15. Chuders (15:42)	16. Rosemead (15:42)
17. Cunningham (15:42)	18. Rosemead (15:42)
19. Rosemead (15:42)	20. Rosemead (15:42)
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Vianney's Rohr loud and clear against Warriors

By Tony Panozzo
Staff writer

The Vianney High soccer team wasted little time in making Granite City its first straight victim Saturday night, capitalizing on an early goal and precision-filled play to post a 3-0 victory.

IN A GAME featuring two of the top prep teams in the St. Louis region, Vianney extended its unbeaten streak to 64 games (11-0-3). Senior forward Tom Rohr keyed Vianney's attack with two goals, including the first one of the game, and an assist.

The Golden Griffins scored in the first five minutes of both the first and second halves to make it a disappointing night for the Warriors. Rohr added another goal early in the third quarter to complete the scoring.

"(Rohr) just had a great night for us," Vianney coach Mike Villa said. "He was the difference in the game."

"It's always good to get an early lead. We were fortunate. It's always tough to play from behind."

THE WARRIORS FOUND themselves behind 1-0 just 4:06 into the game, when Rohr deflected a ball that trickled past goalkeeper David Kasproch. The goal was scored in traffic in front of the net, and it came just after the Warriors cleared a corner kick by the Golden Griffins.

Ken Costello recorded an assist on the goal, which set the tone for the rest of the game despite Granite City's play in the early going. The Warriors forced Vianney into a defensive stance early on.

"We controlled the field pretty well," Vianney coach Mike Villa said. (See WARRIORS, Page 3B)



Granite City senior Tom Breeden attempts to break free from a defender.

Miller's milestone

Senior bowler's perfect game a first

By Mike Kelly
Correspondent

When Dutch Miller makes up his mind, there's no stopping him.

An avid 64-year-old bowler, Miller became the first senior citizen to bowl a 300 game at Granite Bowl last month. Miller turned the trick in the Senior Citizen's League on August 23.

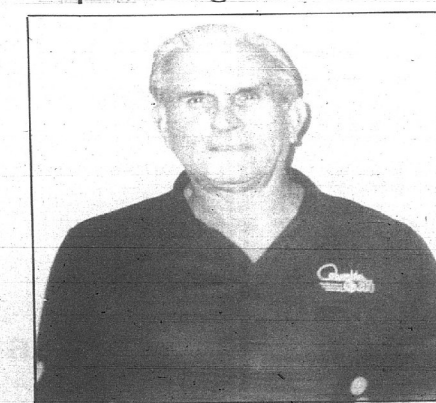
IT'S THE THIRD perfect game of his career, but the first one that isn't sanctioned by the American Bowling Congress.

"It takes strong mental concentration," said Miller, a retired Illinois State Trooper. "That's the most important aspect of the game. It doesn't pay to get angry. You need patience and a clear mind on every shot."

Miller's had a lot of practice. He's been bowling for 42 years, despite a six-year layoff that began in 1976.

"I just got burned out," he said. "It happens to a lot of good bowlers. I didn't touch a bowling ball or go to a bowling alley. The layoff did me good. I found out just how much I really missed it."

A LITTLE COAXING from his friends didn't hurt, either. "The state troopers had a



Dutch Miller

team in Alton and they wanted me to join," Miller said. "They kept pestering me and I eventually gave in. I didn't

have any problems my first time out. Everything came back to me naturally."

(See MILLER, Page 2B)

Dutchmen out to erase memories of last season

GCHS products Dalton, Starko seeking turnaround for BAC

By Scott Marion
Staff writer

Forget about last year.

That's the philosophy of Belleville Area College soccer coach Larry Petri, whose team opened the season Saturday against Florissant Valley. The Dutchmen are coming off a disappointing 4-16 season.

"WE WERE COMING off winning the regional the year before and I thought we were in pretty good shape," Petri said. "We started off well, but it went downhill from there."

"Looking back, there were two big problems for us. The goalkeeping wasn't there and the goal scoring ability wasn't there."

In the offseason, Petri needed a scorecard to keep track of his goalkeeping candidates. The first candidate was Eddie Ratka, a 22-year-old Belleville West graduate who had never attended college. But Ratka, who had competed for indoor teams in recent years, decided not to play.

Two other keepers suffered broken hands. Finally, Petri ended up with a trio of freshmen: Aaron Haas (Belleville East), Tom Dalton (Granite City) and Bernie Thebeau (Cahokia).

Aaron had transferred to Florida and we were waiting for him to come back," Petri said. "He's probably our No. 1 goalkeeper right now. I'll probably tend to go more with one keeper as the season goes on, but early, I'll just play it by ear."

THE TOP FIVE field players are:

Ryan LaHate, a sophomore sweeper from Belleville East.

Billy Perez, a freshman wingback/midfielder from Belleville East.

Scott Wiesen, a freshman midfielder from Belleville West.

Steve Young, a freshman central midfielder from Belleville East.

Jason Starko, a freshman wingback from Granite City.

Wiesen played sweeper back for Belleville West, but we've moved him up top," Petri said. "He creates some dangerous situations and gives us a legitimate

(See BAC, Page 4B)

Longtime soccer coaches staying active at area youth camps

By Scott Marion
Staff writer

When Bob Keough, Bob Cordes and Mike Moore talk soccer, young players listen.

Moore, 44, has been running soccer camps in the Metro East for 20 years. He has been assisted this year by Cordes, 33, with occasional help from Keough, 63.

"I NORMALLY DO five or six weeks of camps, but I only did two this summer because of my involvement with the Prairie State Games," said Moore, who serves as PSG co-director with his wife, Maureen. "I had two private team camps this summer and I have two more set up

for the fall.

"This is my seventh year with Nike as the camp sponsor," Moore said. Belleville, was head coach at Belleville Area College from 1973 through 1981 and coached at Tarkio (Mo.) College in 1982. He was hired as head coach of the Fort Wayne (Ind.) Canons of the American Indoor Soccer Association (now the National Professional Soccer League) in 1984, but the team folded before the season started.

"Bob and I did camps years ago when we were both coaching," Moore said. "He had been busy since then with his job as a mail carrier, but he retired last October. We still play indoors in Granite City."

CORDES, AN ASSISTANT at BAC in 1979 and 1980, was head coach at McKean College from 1984 through 1986, when the Bearcats had some of their best teams. He joined Moore for this summer's camps and will also work with him in the fall.

The 65-year-old Keough — who still plays in the over-40 league with Moore and Cordes — was a guest instructor at this summer's camps.

"A lot of kids don't understand the magnitude of Bob's experience," Moore said. "Not only did he coach some great teams at Granite City North (High School), he was a World Cup captain, player and coach. He also coached the old St. Louis Stars of the North Ameri-

can Soccer League."

"As a player, he's still one of the best in the league. He's not the fastest guy on the team, but he's certainly the smartest."

KEOUGH WON'T BE available at this fall's camps, as he will be involved with the writing, sales and distribution of the program for the 1994 World Cup, to be held in various parts of the U.S.

Moore and Cordes will hold a YMCA camp in December at BAC.

It will be a combination camp and instructional league," Moore said.

Teams interested in having a private camp with Moore and Cordes should call Moore at 225-2901.

•Race— •Warriors

(Continued from Page 1B)

was 72nd (18:01). Jennifer Spingard was 42nd (17:44) in the girls race.

Sabah Winans of Collinsville (15:27) and Will Swan of Jacksonville (15:24) grabbed individual honors, while East St. Louis Lincoln (girls) and Salem (boys) defended their team titles.

Granite City's next competition is the Tiger Classic at 4 p.m. today at SIUE. The Warriors will also take part in the Mount Vernon Invitational on Saturday.

Park District to conduct football camp

The Granite City Park District will conduct a football camp from 1-3 p.m. Saturday at Dal Maxwell Field in Wilson Park. The camp will be headed by Joe Wallace and Dave Dombek.

The camp will cover such drills as passing, blocking, kicking and running with the ball. Anyone in third through sixth grade is welcome to attend the camp, which is free. Campers should wear comfortable clothing and shoes. For more information, call Ray Hoffman at the Wilson Park office, 877-3059.

(Continued from Page 1B)

well in the first couple minutes, but I just felt we didn't play our game," Granite City coach Gene Baker said. "We were dead off the ball both offensively and defensively all night."

"We lack gamesmanship right now. We have some good athletes, but they're going to have to play a number of games before they get better."

Vianney's open-field attack was the first true test of the season for the Warriors, who fell to 3-1. The Golden Griffins moved to 3-0 with their third straight shutout.

Rohr's early goal took the momentum away from the Warriors, who were attempting to hand the Golden Griffins their first defeat since Sept. 12, 1991. Granite City had several scoring chances over the course of the game, but the Warriors could never get past Vianney's defense and goalkeeper Casey Klippel.

Villa said his players responded to his concern with Granite City's offensive production over the first three games, when the Warriors outscored Peoria Richwoods, Civic Memorial and Cahokia 26-1.

"I really tried to prepare them for this game," Villa said. "Seeing Granite score 26 goals in three games, I knew they had some talent. Our team just played extremely well."

After Rohr's goal, the first half was played to a standstill, although Vianney had the best scoring chance near the end of the second quarter. Kasproovich had to make a head save on a point-blank shot with just over four minutes to go in the first half.

Kasproovich was replaced by Mike Bristol to begin the second half, but any momentum the Warriors hoped to establish quickly disappeared when Rohr split the defense with a perfect pass downfield to a streaking Chad Basler. Bristol came out to meet Basler, who put the ball in the net for a 2-0 lead at 42:05.

Rohr then caught the Warriors' defense napping just five minutes later, at 47:34, with an unassisted 25-yard blast into the net.

"We need to play better defense per player if we're going to have a good season," Baker said.

Vianney's third goal put the game away, although the Warriors came close to breaking Klippel's shutout. Granite City outshot Vianney 4-3 in the second half and earned six corner kicks to two for the Golden Griffins.

The Warriors' effort impressed Villa, who added this year's team could turn out to be one of Granite City's best. Forwards Shawn Petroksi and Brian Kohler each had several scoring chances turned aside.

The game also marked the first extended play for midfielder Paulie Bucherich, who missed two games with an injury.

"I really thought Granite had an outstanding team," Villa said. "I was really impressed. I thought they looked better than the teams they've had the past couple of years."

"They certainly had chances."

I'm sure they're capable of better. It's just a matter of jelling."

The Warriors hope to start doing just that this week. They will face another major test Thursday, when they play at Collinsville. The Kahoks, 1-1, lost to CBC 1-0 on Saturday night.

Baker said the game against Vianney could help the Warriors in the long run. Vianney, the

premier program in the St. Louis area, was ranked first in the nation last year after winning its second straight Missouri Class 4A title.

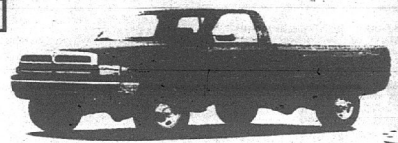
"I still have a good deal of confidence in these kids," Baker said. "We're going to be good. We just need to keep working at it."

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•Sluggers •BAC

(Continued from Page 1B)

base when he wasn't on the pitching mound, said the Sluggers simply worked harder than their opponents.

"THERE WAS MORE pressure on us during the end, but I thought we did pretty good," Mayes said. "Everybody was happy after we won the last game and we ran out to the pitcher's mound and jumped on each other. We knew we would have some trouble with the Eagles (in the semifinals), but once we got past them we were home free."

"It should be tougher next year. Most of the other players will have gotten better."

(Continued from Page 1B)

player to put the ball in the net.

"BILLY PEREZ has a wicked shot. He and Wiesen are the foundations (of our offense). I didn't really get a bona fide goal scorer out of the area, but I think we have some players who can do the job. One of the things I looked at was speed."

Sophomores Jeff Burton and Aaron Adams, from Belleville West, are likely starters at the stopper back or central midfield positions. Other sophomores are: —Midfielder Jay Bruns (Tri-Ad), —Midfielder Grant Ramsey (Collinsville), —Forward Mark Sabatino (Wood River).

(Continued from Page 1B)

Midfielder Jeff Wachtel (Alhoff).

OTHER FRESHMEN on the team are: —Backs Ryan Barker (Tri-Ad), Bruce Woods (Belleville East) and Ryan Karlens (Belleville West).

Midfielders Jeff Forrier (Belleville West), Paul Hillier (Belleville West), Trey Peck (Edwardsville), Ken Lukowski (Collinsville), Hector Gonzales (Cahokia) and Eusebio Gonzales (Cahokia).

Forward Henry Mendoza (Wood River).

After starting the season with games against Florissant Valley,

Lewis & Clark, Meramec and Forest Park — all perennially strong teams — BAC plays Sept. 17-19 at the Johnson County Tournament in Kansas City, Mo.

"WE PLAY THERE every other year," Petri said. "It's fun for the kids and it's a learning experience because they play in a tough environment."

For the first time, BAC has a paid assistant coach — Chad Lignone, who, like Petri, is from Granite City.

"We also have a volunteer coach, Tom Brown," Petri said. "They'll help turn the program around for the better."

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Births

Tyler Bolt

Joe and Jennifer Bolt of Granite City have announced the birth of their second child, a son. Tyler Joseph was born Aug. 11, 1993, at St. Elizabeth Medical Center, Granite City, and weighed 9 pounds, 9 ounces. The mother is the former Jennifer Miles.

Maternal grandparents are Morris and Joann Miles of Granite City.

Paternal grandparents are Joe and Joyce Bolt of Granite City. Tyler joins sister, Lauren Michelle, 2.

Robert Jellen

Robert and Pamela Jellen of Granite City have announced the birth of their second child, a son. Robert Jared was born Aug. 11, 1993, at St. Elizabeth Medical Center, Granite City, and weighed 9 pounds, 2 ounces. The mother is the former Pamela Sue Mott.

Maternal grandparents are Jerry and Deloris Mott of Granite City.

Paternal grandparents are Peter Jellen of Madison and Verna Jellen of Edwardsville.

Robert joins sister, Casey Lynn, 3.

Torian Wright

Connie Jones of Madison and Antonio Wright of St. Louis have announced the birth of their first child, a son. Torian Akeem was born Aug. 13, 1993, at St. Elizabeth Medical Center, Granite City, and weighed 9 pounds, 10 ounces.

Maternal grandmother is Kathryn Jones of St. Louis.

Paternal grandparents are Andy and Shirley Ross of Madison.

Chelsea Crites

Leslie Stockman and Michael Crites, both of Granite City, have announced the birth of a daughter. Chelsea Nicole was born Aug. 16, 1993, at St. Elizabeth Medical Center, Granite City, and weighed 7 pounds, 8 ounces.

The mother is the former Leslie Smithson. Maternal grandparents are Bill and Liz Smithson of Granite City.

Paternal grandparents are Roger Crites of Mitchell and Judy Crites of Granite City.

Chelsea joins Adam Stockman, 6, and Terry Stockman, 3.

Jordan Krenning

Mark and Lorell Krenning of Troy have announced the birth of their third child, a son. Jordan Nathaniel was born Aug. 18, 1993, at St. Elizabeth Medical Center, Granite City, and weighed 7 pounds, 10 ounces.

The mother is the former Lorell Johnson.

Maternal grandparents are Karl and Darlene Perry of Collinsville.

Paternal grandparents are Dick Krenning of St. James,

Mo., and Ruth Krenning of Oklahoma City.

Jordan joins brothers, Christopher, 4, and Tyler, 1.

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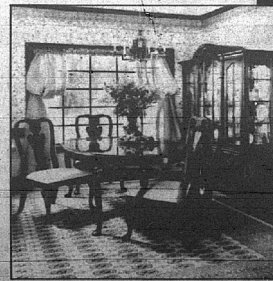
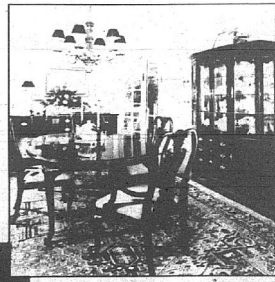


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Levart 2nd runner-up in pageant

Tonia Levart of Madison was second runner-up in the Madison County Fair Queen pageant held July 25 at the Madison County Fairgrounds in Highland.

She is currently enrolled at Belleville Area College in Granite City and plans to continue her education at Southern Illinois

University at Edwardsville with a degree in political science.

She then plans to attend St. Louis University Law program.

Tonia is a member of the Ladies Democratic Organization of Madison County.

She also has served as a den leader of the Cub Scout Pack 14 for two years.

She was a deputy registrar of Madison County during the elections.

Tonia is the owner and operator of Fashions Nail Salon in Madison.

She graduated from the Academy of Beauty at Southern Illinois University at Edwardsville.



Tonia Levart
Plans to attend SIUE

Temperance Union
hears report on camp

The Granite City Union of the Women's Christian Temperance Union, scheduled to meet at the Wilson Park Aug. 23, went to the fellowship hall of the Dewey Avenue United Methodist Church because of the rain and storm.

The business meeting was conducted by President Vera Lynn. The devotional theme was "Pray Without Ceasing," which was given by Rev. Vernon Brown. Priscilla James gave a report on the youth temperance council camp, which was held in June at Mechanicsburg, Ill.

A talent show was also part of the activities of the evening. It was also voted to send a check to the Salvation Army.

A pot luck supper was served before the meeting was called to order. The September meeting will be at the home of Mr. and Mrs. Charles Finley, 212 Maternhorn, Glen Carbon, at 7 p.m. Monday, Sept. 27.

Spaghetti dinner Sept. 18 at Good Shepherd United Methodist

A spaghetti dinner will be held Saturday, Sept. 18, at Good Shepherd United Methodist Church. It is sponsored by the Good Shepherd United Methodist men and women. Carry-outs are available.

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Now picture this: a professional portrait of that one-of-a-kind special friend in your life, beautifully captured in a professional canvas-mounted portrait, hanging proudly in a favorite spot in your home. After all, isn't the dog really a part of your family?

Candid Canine, the specialists in pet photography, will be making a visit to two Frank's stores during the weekend of September 18 & 19. They're the professionals, and can provide a far more beautiful portrait of your dog than you ever imagined.

The Frank's store at 8901 Page, next to Venture's in Overland, will host Candid Canine on Saturday, September 18. They'll be at 11015 Old Halls Ferry Road in St. Louis County on Sunday, September 19.

A portion of all proceeds will benefit REGAP (Retired Greyhounds as Pets). REGAP is a not for profit organization dedicated to finding homes for retired racing greyhounds.

Naturally, you're probably wondering how much this will cost and what you'll get.

There are 3 separate poses: full length, head and shoulders, dog and owner or dog and prop. A 2-dog sitting won't cost any more, but there is a maximum of two dogs per sitting.

The non-refundable sitting fee is \$5.00, which will be donated to REGAP.

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2 units	44.95
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Keep in mind that it takes several hours for a dog's coat to dry thoroughly. Make sure that you protect your furry friend from temperature extremes until his coat is completely dry.

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Vol Hosp

Hospice of St. Louis County Medical Center is recruiting volunteers for terminally ill families. Co-ordinators are throughout County area. Completion of training, mandatory. Beginning volunteer hours: Saturday 9 a.m. and 25 from SEMC, 2100 S. Grand. There is no training, parking area. Designated volunteers give and Hospice of St. Louis County needed to be responsible for the needs of the patients. The lectures, discussion materials. Anyone in the volunteer is Kappelan, 2500 S. Grand, at 798-3399, to Since 1978 County has ties through and in providing help with six men. Through

Human walk-a-

The Madison County Society will walk-a-thon for the MCIS T. turn in \$200. The walk is shirt.

Walk solo or with a companion. Some fun can be awarded. The best dog in the walk will be the dog with the most votes. Steve For AMI) is the event, canine comedy chairdog. (That pre raised a lot abandoned dog had a lot Lemm, even For more you'll probably want your four-legged friend to look his best for the camera, so here are some tips on dog bathing.

Start by wetting your dog thoroughly and then, using a good dog shampoo, lather the poach all over, being careful not to get soap in the eyes or ears. Shampoos designed for humans should not be used, since they're too acidic. Once you've rinsed completely, you may want to re-lather and rinse the feet, legs and other stubborn stain areas.

Remember, it's very important to rinse thoroughly. A hose with a spray nozzle is recommended. Soap residue left behind not only irritates the skin, but can also dull your dog's coat.

Here's a tip from some dog-care professionals: Adding Alpha-Keri bath oil to the final rinse water will add luster to the dog's coat. Use one teaspoonful per quart of water. This little trick is often used by professionals for their show dogs.

Lastly, step back and let him shake the water off. You'll then want to dry his coat gently, with a towel. If your canine doesn't object, you can use a hair dryer at a low temperature.

Keep in mind that it takes several hours for a dog's coat to dry thoroughly. Make sure that you protect your furry friend from temperature extremes until his coat is completely dry.

Volunteers needed

Hospice workers' training to begin here Saturday

Hospice of Madison County, a department of St. Elizabeth's Medical Center in Granite City, is recruiting professional and lay volunteers to help with care for terminally ill patients and their families. Compassionate individuals are needed to serve throughout the entire Madison County area.

Completion of a volunteer orientation and training course is mandatory for applicants before beginning volunteer service. The course will be offered in three Saturday sessions on Sept. 11, 18 and 25 from 9 a.m. to 4 p.m. at SEMC, 2100 Madison Ave.

There is no charge for the training. Lunch, snacks and free parking are provided.

Designed to prepare Hospice volunteers for their roles as care givers and as representatives of Hospice of Madison County, the course teaches practical and communications skills which are needed to fulfill the duties and responsibilities of Hospice volunteers on patient care assignments. The course includes guest lecturers, videos, classroom discussion and assigned reading materials.

Anyone interested in becoming a Hospice of Madison County volunteer is urged to call Nancy Krepelian, coordinator of volunteers, at the Hospice office, 798-3399, to arrange an interview. Since 1979, Hospice of Madison County has served the communities throughout Madison County and in surrounding counties by providing home care for patients with six months or less to live.

Humane Society walk-a-thon set

The Madison County Humane Society will hold its third annual walk-a-thon on Saturday, Sept. 11, at Southern Illinois University at Edwardsville, Interstate 240 and Illinois 157. Registration begins at 9:30 a.m. at the Vandalglen Center.

The first 200 walkers registered will receive a MCHS sports bottle. Those who turn in \$100 or more the day of the walk receive a MCHS T-shirt, and those who turn in \$200 or more the day of the walk receive a MCHS sweat shirt.

Walk solo or with your canine companion and take part in some fun contests. Trophies will be awarded for the dog and owners who look the most alike, the best dog in costume, the dog with the longest legs, and the dog with the best howl.

Steve Potter of WBGZ (1570 AM) is the celebrity chairman of the event, and Stinky, his trusty canine companion, is the celebrity chairing.

At previous walks, we've raised a lot of money for our abandoned, furry friends and had a lot of fun," said Julie Lemm, event coordinator.

For more information, or to make a donation, contact Lemm at 656-0003.

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efforts of a team of health care professionals and trained volunteers, patients and their families are given the support and guidance needed to cope with the strains caused by terminal illness.

The Hospice team works closely with a patient's physician. Nurses are on-call 24 hours a day, seven days a week. Follow-up bereavement support is provided to families after the patient's death.

The goals of Hospice care are

to maintain the patient in the home with pain and symptoms controlled until the time of death, and to provide emotional support to the family as they deal with the patient's illness.

Hospice of Madison County is licensed as a full-service hospital by Illinois, and certified to offer hospice benefits to Medicare and Illinois Public Aid patients. Hospice services also are offered through private insurance benefits.

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Senior Social Club to meet for games Sunday

The Granite City Senior Social Club will meet for games at the Granite City Township Hall, 2060 Delmar Ave., on Sunday, Sept. 12.

Bingo and cards will begin at 2 p.m. and cake and coffee will be served at 1 p.m.

A "White Elephant Auction" will be held. Anyone interested in donating items can drop them off at the office during the hours of 9 a.m. to 1 p.m. Monday through Friday. All seniors 50 and over are welcome. For information call 677-1215.

On Sept. 13, a board meeting of the Granite City Senior Social Club will be at 1 p.m. at the township hall. All board members are urged to be present or call Bernice Mercer, president, at 677-1215.

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2498 SPECIAL PURCHASE DOCKKOL HARD BOW CASE
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2996 KOLPIN INDIAN BLANKET BOW CASE
Black heavy Cordura® new fuller cut 53" x 18", full length zipper, 1" padding.

1498 SPECIAL PURCHASE ROBIN HOOD CHILD'S BOW SET
Includes 48" straight limb bow, quiver, safety arrows, target and instructional book. Compare at \$19.99.

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TRAVEL

Oahu offers beauty, charm

Those who know the Hawaiian island of Oahu say its Waikiki Beach is one of the finest in the world.

Waikiki evokes images of beauty, sunshine, orchids, ukuleles, outrigger canoes, glorious sunsets, balmy evenings and cool drinks. It offers the distinctive profile of Diamond Head, magnificent hotels and restaurants of remarkable variety.

Waikiki also is affordable. There are free hula shows, a four-hour, around-the-island bike ride for 60 cents, inexpensive walking tours, free concerts in Kapiolani Park, free craft exhibits and more.

Other beaches on Oahu offers specialized charms, and discerning visitors can choose family beaches such as Kailua, Lanikai or Ala Moana. For more experienced beach-goers there are always the North Shore.

Honolulu on Oahu offers its own dynamics, a compound of kinetic pace and gentle moments. Here are all the elements of a stylish metropolis—a first-rate symphony, a myriad of art galleries, libraries, shops, restaurants, theaters, a zoo and the fascinating Waikiki Aquarium.

There also are exotic touches—Chinese herbal shops and noodle factories, ukulele factories, craft shops filled with Filipino wood-carved items and shopping centers that carry goods from

around the world. Outside the city are miles of pineapple and sugarcane fields.

Oahu offers activities in abundance, including hiking and riding trails, charter and cruise boats, specialized tours, golf, tennis and a glittering nightlife.

But any visit should include time to pause and look at the topography of one of Hawaii's most scenic and dramatic islands.

Journal tours will visit Oahu and Waikiki in December for the Christmas in Hawaii Vacation and again in February on the four-island, two-week Grand Hawaii Tour. Reservations are being accepted for both tours now. For information contact a Vista Independent Agent or call Tenholder Travel at 894-5555 in St. Louis, or toll free at 1-800-333-5910.



Waikiki Beach, with Diamond Head in the background, is visited on the Journal tours in December again in February.



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State bonds for coal research approved

SPRINGFIELD — Another \$35 million in state bonds for coal research projects has been approved by Gov. Jim Edgar.

Edgar signed legislation Wednesday, Sept. 1, to revive a state program that provided grants to projects demonstrating clean coal technology.

The project that received the most state funds in the past, more than \$18 million, was the KilaGas coal-gasification demonstration plant in East Alton, developed by Allis-Chalmers Corp.

The plant was later demolished and Allis-Chalmers was never able to market the process that turned high-sulfur Illinois coal into natural gas.

However, Edgar said his administration has a "continuing commitment to expand markets for Illinois coal, the state's most abundant natural resource."

Through this program, the Department of Energy and Natural Resources will be able to fund additional clean coal technology projects, expand coal markets and work to fiber the economically competitive use of Illinois coal," Edgar said.

"These additional funds will leverage other private and federal funds, helping to guarantee that Illinois coal and agricultural products remain a competitive fuel source in the future," he added.

— From the Alton Telegraph

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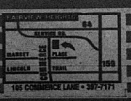
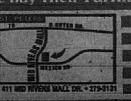
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Breakfast

2 good
+ 2 be
4 gotten



By Janice Denham
Staff writer

No time. In a hurry. Too much bother. Don't feel like it. The list of excuses for not eating breakfast goes on and on.

The truth is that after not having eaten anything for hours, a body is running on "empty" if it does not stop for refueling. Carbohydrates — supplied by grain products like cereal and breads, as well as fruits — supply energy for the morning. They are high-octane

foods supplied on a simple budget.

Studies have shown that breakfast eaters control their weight better than those who skip the meal. Those who enjoy breakfast generally have better eating habits. They are less prone to runaway snacking at mid morning and huge makeup meals later in the day.

Breakfast can be made in a short time. Often only a toaster, toaster oven or microwave oven is necessary, so cleanup is easy. Top an English muffin or bagel with a slice of low-fat cheese or thinly sliced Canadian bacon. Set out muffins from the freezer the night before so they are ready for a quick pickup

or dollop of sugar-free fruit spread or sweet pie filling.

Those who do not find breakfast agreeable on principle may be swayed by non-traditional foods, like leftover pizza, burritos, a hot dog or a peanut butter and jelly sandwich. Another way to make it more appealing is to drink it: Blend vanilla yogurt with fresh berries. Make believe the kitchen is a coffee shop by heating milk with coffee and adding flavors such as almond or mint extract or cinnamon for the added goodness of a high-calcium food in a more appealing form.

Whatever its form, breakfast can be an inspired turning point for the better early in the day.

BREAKFAST KABOBS

- 1 tbsp. lemon juice
- 2 cups water
- 2 golden delicious apples
- 1 lb. reduced-fat kielbasa or breakfast sausages
- 1 bunch fresh sage, if desired

Preheat oven to 400°. Lightly coat baking sheet with nonstick cooking spray. In small bowl, combine lemon juice and water. Core apples, cut each lengthwise in quarters and cut each quarter in 4 slices to make total of 32 slices. Soak slices in lemon water 1 minute. Drain.

Cut kielbasa diagonally in 24 (1½-inch thick) ovals. On 8 wooden or metal skewers, alternately thread 4 slices apple and 3 slices meat, beginning and ending with apple. Kielbasa should be threaded through skin side, not cut side.

Roast kabobs, turning occasionally, 15 to 20 minutes until apple softens and kielbasa browns. Immediately set on bed of fresh sage to serve.

Makes 8 servings; 161 calories, 7 grams fat, 12 grams protein, 9 grams carbohydrate, 46 milligrams cholesterol, 382 milligrams sodium and 1 gram fiber each.

APPLE-RAISIN SAUTÉ

- 2 tsp. butter
- 2 large golden delicious apples, cored, sliced
- ½ inch thick
- ¼ cup raisins
- ¼ cup orange juice
- ¼ cup apricot jam
- 1 tsp. grated orange peel
- ½ tsp. cinnamon
- ½ tsp. allspice

Melt butter over medium heat in large nonstick skillet. Cook apple, tossing occasionally, about 10 minutes until golden brown. Stir in raisins, orange juice, apricot jam, orange peel, cinnamon and allspice. Cook, stirring, about 3 minutes until sauce thickens slightly. Serve warm over pancakes, waffles, French toast or hot cereal.

Makes 4 servings; 220 calories, 2 grams fat, 1 gram protein, 53 grams carbohydrate, 5 milligrams cholesterol, 27 milligrams sodium and 3 grams fiber each.

FRUIT 'N GRAIN BREAKFAST SALAD

- 3 cups water
- ¼ tsp. salt
- ¼ cup quick-cooking brown rice
- ¼ cup bulgur
- 1 granny smith apple
- 1 red delicious apple
- 1 orange
- 1 cup raisins
- 1 carton (8 oz.) low-fat vanilla yogurt

In large pot, bring water and salt to boil over high heat. Add rice and bulgur. Reduce heat to low. Cook, covered, 10 minutes. Remove from heat. Set aside, covered, 2 minutes. Spread hot grains on baking sheet to cool. Grains can be cooked ahead and stored in refrigerator up to 1 week.

Just before serving, prepare fruit. Core and chop apples. Peel orange and cut in sections. Add apple, orange and raisins to cooled grain mixture. Add yogurt. Stir to coat grains and fruit.

Makes 6 servings; 187 calories, 1 gram fat, 4 grams protein, 1 gram carbohydrate, 1 milligram cholesterol, 117 milligrams sodium and 5 grams fiber each.

QUICK AND EASY RAISIN BUNS

- 1 tube (11 oz.) refrigerated French bread dough
- ½ cup raisins
- ¼ cup brown sugar
- 1 tsp. cinnamon
- ¼ cup confectioner's sugar
- 1 tbsp. nonfat milk

Preheat oven to 375°. Coat 9-inch pie pan with nonstick cooking spray. On lightly floured surface, roll dough in 16-by-4-inch rectangle. In small bowl, mix raisins, brown sugar and cinnamon. Sprinkle on dough. Carefully roll up dough from short end. Cut log in 4 equal slices. Place cut side down in prepared pie pan. Bake in preheated oven about 20 minutes until golden brown. Remove to rack to cool 5 minutes.

In bowl, whisk confectioner's sugar with milk. Drizzle over buns. Serve warm.

Makes 4 buns; 343 calories, no fat or cholesterol, 10 grams protein, 76 grams carbohydrate, 528 milligrams sodium and 1 gram fiber each.

RAISIN-APPLE FLAPJACKS

- 3 egg whites
- 1 cup nonfat milk
- 2 cups reduced-fat buttermilk baking mix
- 1 medium granny smith apple, peeled, cored, coarsely chopped
- ¼ cup raisins
- ½ tsp. nutmeg

In large bowl, whisk egg whites until foamy. Whisk in milk. Stir in baking mix. Add apple, raisins and nutmeg. Mix until just blended.

Coat griddle or heavy skillet with nonstick cooking spray. Heat over medium heat. Portion batter onto griddle with ¼-cup measure. Cook until nicely browned, turning once, about 3 minutes on each side.

Serve hot with maple syrup or nonfat yogurt.

Makes 4 servings (124- to 5-inch pancakes); 221 calories, 4 grams fat, 10 grams protein, 62 grams carbohydrate, 1 milligram cholesterol, 743 milligrams sodium and 2 grams fiber per serving.

JULICY

Breakfast in the grass this year? Get going this spring with a new twist on the classic breakfast. Each of a dozen different fruit and vegetable mixes, each with a unique flavor, is available in a 10-ounce jar. Try the banana and strawberry mix and throw in a little wheat germ. That'll be a breakfast and power in one. Or try the apple and orange mix. Another morning try whole strawberries, orange juice and wheat germ. Cautions: strawberries, oranges and pears are super-chars when it comes to vitamin C, so eat them frequently.

STEAMY HEALTHY

For a warm, steamy breakfast, try a new twist on the classic. Each of a dozen different fruit and vegetable mixes, each with a unique flavor, is available in a 10-ounce jar. Try the banana and strawberry mix and throw in a little wheat germ. That'll be a breakfast and power in one. Or try the apple and orange mix. Another morning try whole strawberries, orange juice and wheat germ. Cautions: strawberries, oranges and pears are super-chars when it comes to vitamin C, so eat them frequently.

By keeping fat in a minimum at breakfast, there is more leeway for the rest of the day. Washington State Apple Growers have developed a nutrition education plan for grades up to five. One part deals with eating a variety of foods, the other concentrates on exercise and a healthy lifestyle. It can be ordered free from: Healthy Choices for Kids Nutrition Education Program, P.O. Box 350, Wenatchee, Wash. 98807. Raisins are a school snack tradition. For more recipes using raisins for family foods, send a self-addressed, stamped envelope to: Raisin 5-a-Day Recipes/B, P.O. Box 355, Fresno, Calif. 93735.

EASY

Many traditional breakfast foods — like toast, cereal, fresh fruit and juice — require little or no preparation. Modern techniques have expanded each category. Pancakes, waffles and English muffins are as easy to toast as bread. Strawberries, raspberries and kiwifruit are as accessible as apples at the grocery in September. If the children want a sugar-saturated cereal, let them mix it by the box with another more healthful variety similar in texture.

FANCY

Some people skip breakfast or eat cereal every weekday morning with a view toward a leisurely, planned event on the weekend. Surprise someone with breakfast served from a tray in bed or with a linen napkin at a table on the porch or patio. Pick a flower, ask a neighbor first if it is hers. Toast frozen pancakes or waffles, warm the syrup or preserves. Pre-complete pancake mix; add chocolate chips or pecans. Warm applesauce for a topping, sprinkle with cinnamon.

Using dehydrator makes food 'pucker' into smaller space

By Cynthia Fauser

Dehydrating food at home is a hobby gaining popularity. This summer's rain and humidity made it dreadfully clear why solar drying is not practical in this climate, but food dehydrators make sense for some people.

Parents like to make fruit roll-ups and dried fruit snacks for their children. Gardeners and gourmets enjoy drying herbs and tomatoes. Backpackers prepare jerky and vegetable soup mixes. Sales pitches on television make owning one a priority for everyone.

They can be kept at room temperature or cooler in a dry location. It is easy to keep them in resealable plastic bags in a basket in the pantry. Freezing holds them longer.

I tried a dehydrator this summer. Drying chives and parsley were very simple. Fruit rollups were a snap. Three pounds of onions easily converted into a few ounces of ready-to-use onion flakes. Inexpensive dehydrators as low as \$30 are widely available, but prospective buyers must wonder about the differences between these and ones costing \$150 to \$200.



Over the Waves

Consider some of these points:

- **Space requirements:** Dehydrators vary. Is there a convenient space near an outlet for operation, with room to open any doors and rotate trays? Remember, too, there will be some heat and fan noise. Try to observe one in operation to see if the noise is excessive.
- **Heat control:** A good unit allows several heat settings from 95° to 145°. Timers and automatic shutoffs are extra. Check instructions to see how often trays should be rotated. A need for frequent rotation may mean uneven heat.
- **Air flow:** Good circulation is important. Some use natural convection only, while others use a fan. Fans make even air flow more likely. Two fan speeds are helpful to allow more rapid dry-

ing early, and slower and more even removal of moisture later in the process.

- **Trays:** Trays should be made of lightweight, stainless steel, Teflon, nylon or food-grade plastic with edges to keep food from falling off. The mesh size should allow good air flow, yet be small enough to keep food from falling through. Some have smaller screens to insert when drying items with small diameters, like corn.

- **Capacity:** A hydrator should have large enough capacity to meet your needs. Trays fill up in a hurry. My dehydrator — worth about \$145 — offered a stacking design so I could dry only a few or as many as 36 trays in the same amount of counter space.

Dried apple rings are a popular first-time effort. Apples can be dried peeled or unpeeled. Soak slices in ascorbic acid solutions or orange juice 3 to 5 minutes, then dry 6 to 12 hours until soft and pliable. Use dried apples in trail mixes, as a snack or in baking.

This recipe for coffeecake calls for 2 cups dried apple rings, which is a loose amount of about 2 or 3 apples. To make slicing easier, chop the dried

apples before rehydrating them.

Apple coffeecake

- 2 cups dried apples, chopped
- 1 tsp. lemon juice
- 1/4 cup margarine
- 1/4 cup sugar
- 2 eggs
- 1 1/2 cups flour
- 1 tsp. salt
- 2 tsp. baking powder
- 1/4 cup milk

1 tsp. vanilla
Topping: 1/4 cup sugar mixed with 2 tsp. cinnamon
Place dried apples and lemon juice in bowl. Add enough water to cover. Soak 1 hour.
Preheat oven to 375°. Grease and flour two 9-inch round cake pans.
Cream margarine and sugar. Add eggs. Beat well.
Sift together flour, salt and baking powder. Add to creamed mix-

ture. Add milk and vanilla. Beat well.

Pour into prepared pans. Top with drained, rehydrated apples. Sprinkle topping evenly over apples. Bake in preheated oven 35 to 40 minutes.

Registered dietitian Cynthia Fauser is food and nutrition specialist for the University of Missouri Extension in St. Louis County.

Recipe

Hot salmon sandwiches

- 1 can (about 15 oz.) salmon, drained, broken in large chunks
- 1/2 cup mayonnaise
- 2 tbsp. minced fresh parsley
- 2 tbsp. minced onion
- 2 tsp. chopped pimiento, drained
- 2 tsp. lemon juice

Pinch pepper
1/4 cup (3 oz.) shredded cheddar cheese, divided
8 slices French or whole grain bread, or 4 English muffins, split
Combine salmon, mayonnaise, parsley, onion, pimiento, lemon juice and pepper. Toss gently to mix. Fold in 1/2 cup cheese.

Spread about 1/4 cup mixture on each slice of bread. Sprinkle remaining cheese over salmon mixture. Broil about 6 inches from heat 3 to 4 inches until cheese melts and tops are golden.
Makes 8 servings

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Recipe

On stuffed
1/2 lb. extra lean
2 cups frozen
combination
1 cup cooked
1 jar (12 oz.) bi
2 tbsp. reduced
1/2 tsp. ginger
1/4 tsp. pepper
3 medium bell
split lengthw
Preheat oven
grease 2-quar
dish.
Brown beef
Drain fat, if r
vegetables and
Combine grav
ger and pepper
Reserving 1/2 c
gravy mixture i
Place pepper
Fill peppers w
Spoon reserve
over peppers.
Reserve 1/2 c m
over 25 to 45 m
Makes 6 serv
14 g protein, 8
bohydrate each
Microwave di
beef into 2-quar
with lid or ver
Microwave on
3 1/2 minutes un
pink, stirring i
meat. Drain. S
and rice.
Combine grav
ger and pepper
Reserving 1/2 c
gravy mixture i
Place pepper
baking dish. F
mixture. Spoon
mixture over be
covered, on hi
minutes until
crisp and beef

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Recipe

Recipe

stuffed peppers

1/2 lb. extra lean ground beef
2 cups frozen Oriental vegetable combination
1 cup cooked white rice
1 jar (12 oz.) brown gravy
2 tbsp. reduced-sodium soy sauce
1/2 tsp. ginger
1/2 tsp. pepper
3 medium bell peppers, any color, split lengthwise, seeded

Preheat oven to 350°. Lightly grease 2-quart oblong baking dish.

Brown beef in large skillet. Drain fat, if necessary. Stir in vegetables and rice.

Combine gravy, soy sauce, ginger and pepper in small bowl. Reserving 1/2 cup, stir remaining gravy mixture into beef mixture. Place peppers in prepared pan. Fill peppers with beef mixture. Spoon reserved gravy mixture over peppers. Bake in preheated oven 35 to 45 minutes until hot.

Makes 6 servings; 217 calories, 14 g protein, 8 g fat and 24 g carbohydrate each.

Microwave directions: Crumble beef into 2-quart casserole. Cover with lid or vented plastic wrap. Microwave on high power 2 1/2 to 3 1/2 minutes until meat is no longer pink, stirring once to break up meat. Drain. Stir in vegetables and rice.

Combine gravy, soy sauce, ginger and pepper in small bowl. Reserving 1/2 cup, stir remaining gravy mixture into beef mixture. Place peppers in 2-quart oblong baking dish. Fill peppers with beef mixture. Spoon reserved gravy mixture over peppers. Microwave, covered, on high power 10 to 11 minutes until peppers are tender-crisp and beef mixture is hot.

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Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty. This calendar runs in every Wednesday's Journal.

Wednesday, Sept. 8

American Association of Retired Persons Chapter 1340, meets at Granite City Township Hall. Doors open at 6 p.m. Cake and coffee served before the 7 p.m. meeting. All seniors 55 and over are welcome. For information call 876-8323.

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon in Doctor Solumar, St. Elizabeth Medical Center, 790-3019.

Singles Connection, It's movie night at the Cottonwood Cinemas. Meet in the hallway in front of the theater at 6:30 p.m. If you need directions call Mario at 656-2635.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon, 7:15 p.m., Gateway Foundation, 600 Lincoln, Caseyville, 692-8078.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

Riverbend Behavioral Medicine, talks on attention deficit hyperactivity disorders for teachers and parents at St. Clare's Professional Building, Auditorium A and B, Alton. Talks begin at 6:30 p.m. and they are free to the public. Call 465-0033 for more information.

Thursday, Sept. 9

Edwardsville Kennel Club, 7:30 p.m., Hayes Mallory Community Building, 216 Crane St., Edwardsville, open to public.

Madison County Genealogical Society, meets 7 p.m. at Immanuel United Church, 800 N. Main, Edwardsville.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City. For more information call Linda Green at 931-0463.

Mount Zion Baptist Church, 4 to 6 p.m. at 2127 Mockingbird Lane. "Meals from the heart," a free meal to those in need. Clothes are available. Open to the public.

Glen-Ed Right Life will meet at 7 p.m. at Madison Mutual Insurance Building, Edwardsville. A video entitled "Miracle Baby" will be shown.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 906 Thorngate Drive, Mitchell.

Wal-Mart Senior Citizens, bingo, 8 to 9 a.m.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Alcoholics Anonymous, 8 p.m. Presbyterian Church, Mitchell, 876-8467.

Alcoholics Anonymous, 11 a.m., Unity Chapel, Stratford and Village lanes, Granite City, 876-8467.

Al-Anon, 8:30 a.m., St. Elizabeth Church quiting room, 2300 Pontoon Road, 692-8078.

Al-Anon, 8 p.m., Wellness Center, 2105 Iowa (baby sitter available), 692-8078.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 89th St., Caseyville. For information, call 1 (314) 638-7821.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 2 to 4 p.m.

Friday, Sept. 10

Southern Illinois Divorced and Separated Catholics, 7:30 p.m., St. Boniface School, 128 N. Buchanan, Edwardsville.

Downtown Neighborhood Restoration Society, Granite City, 876-7715, 8 p.m.

Singles Connection, Come to the happy hour at Michael's Restaurant, 425 Broadway, Highland. Enjoy the food bar. Meet there at 7 p.m. We may venture over to the outdoor bar, Bananas, later. If you need directions, call Jim at 654-7669.

Hereditary Ataxia (a disorder of nerve cells in the spinal cord and cerebellum) support group. Call Curt Williams, 877-5172, for information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Saturday, Sept. 11

Quad City Youth Fellowship, 2257 Cleveland, 7 p.m., 931-3480 or 877-8488.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon Adult Children, 10 a.m., Suburban Baptist Church, Maryville Road and St. Clair Avenue (baby sitter available), 692-8078.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 9:30 a.m. to noon.

Sunday, Sept. 12

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Singles Connection, Our first

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HOURS: MON-FRI 9:30-6:00 SAT 9:30-5:00

Look for Frank's Nursery & Crafts, 32 page craft book in next Sunday's Suburban Journal.

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"Singles Olympics" to be held in Woodland Park, Collinsville, at 1 p.m. There will be fun games for everyone. Bring food and refreshments. Call Sandy at 344-1395, for more information.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascual Hall, main floor, Granite City, 876-8467.

Overeaters Anonymous, meets every Sunday at 2 p.m. in the

Wiesman Room, first floor, St. Elizabeth Medical Center in Granite City.

Monday, Sept. 13

Granite City Foursquare Church, 2400 East 25th St., hot meals served free of charge to those in need or those who just want someone to talk to. Open to public. For information or a ride, call 451-9635.

National Association of Retired Federal Employees (NAARF), Chapter 1067 meets at 11:30 a.m. at Charlie's Restaurant in Granite City. For more information call 931-2118.

(See CALENDAR, Page 6C)

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WOMEN and HEART DISEASE

Monday, September 27, 1993 6 to 9 p.m.

Memorial Hospital Auditorium

4500 Memorial Drive, Belleville, Illinois

Presented by:

MEMORIAL HOSPITAL in cooperation with the American Heart Association

6:00 p.m. Registration

6:25 p.m. Welcome

Judy Tulis, RN, BSN Cardiac Rehabilitation Nurse Memorial Hospital, Belleville

6:30 p.m. Cardiac Risk Factors for Women

Sandra Thornhill-Alvarez, RN, MSN Cardiovascular Clinical Nurse Specialist Memorial Hospital, Belleville

7:30 p.m. Cholesterol: The Good, the Bad, the Latest

Bronnie Polk, RD Registered Dietitian Memorial Hospital, Belleville

For more information, call Memorial's Community Relations Department at (618) 233-7750, Extension 5649.

REGISTRATION FORM

Name: _____

Address: _____

City, State and Zip Code: _____

Daytime Telephone Number: _____

Send this registration form, along with \$5 registration fee to Memorial Hospital, c/o Community Relations Department, 4500 Memorial Drive, Belleville, Illinois 62223-5399.

8:15 p.m. Break

8:30 p.m. Menopause and Beyond

Nancy Willard, RN, MSN Certified Nurse Midwife Sponsored by CIBA - Geigy

Registration Fee

\$5.00 per person (in advance); \$10 at the door. Includes refreshments and handouts.

Reservations

Seating is limited. Reservations are requested no later than Friday, September 24, 1993.

For more information, call Memorial's Community Relations Department at (618) 233-7750, Extension 5649.

REGISTRATION FORM

Name: _____

Address: _____

City, State and Zip Code: _____

Daytime Telephone Number: _____

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Senior menus

Donations for noon meals are \$1.75. Call day ahead for reservation, 877-4373.

Wednesday, Sept. 8

Chicken nuggets, potatoes, broccoli salad, wheat bread, apple sauce.

Thursday, Sept. 9

Sloppy Joe, potato triangles, green beans, bun, peaches.

Friday, Sept. 10

Barbecue boneless rib, potato salad, buttered peas, wheat bread, chocolate pudding.

Monday, Sept. 13

Jumbo frank, potato wedge, dill strips, baked beans, bun, vanilla pudding.

Tuesday, Sept. 14

Country fried steak, whipped potatoes with gravy, black-eyed peas, wheat bread, apple crisp.

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Cattle education field day Friday at farm near St. Libory

John Rueter will host the beef cow/calf field day on Friday, Sept. 10. It's a twilight Extension education activity beginning about 4 p.m. and continuing through supper. Rueter is located three-quarters a mile south of St. Libory on Illinois 4, then half a mile west.

Rueter complements his grain farming operation with a small commercial beef cowherd. He feeds out his calves, merchandising them at National Stockyards in East St. Louis.

Beef cattle enthusiasts can see one of the

best facilities for handling cattle in the area at this field day. Rueter does an outstanding job managing pasture with a system of intensive rotational grazing. A practical cross-breeding program is in effect for evaluation by program participants. A steward of the soil, Rueter has installed conservation structures such as terraces and dry dams to control water run-off and soil erosion.

In addition, University of Illinois specialists and industry marketing experts will be on hand to share production and marketing information. There will be discussion about

intensive grazing management; cross-breeding; bull selection; feed lot nutrition; cattle marketing; hay making; pasture management; health control procedures; and quality assurance. Demonstrations of implanting, deworming and freeze branding are also planned.

This program is sponsored free of charge by the University of Illinois Cooperative Extension Service, Illinois Department of Energy and Natural Resources, Southwest Cattlemen's Association and related beef industry representatives.

BECAUSE WE CARE

COMMUNITY SERVICES WEEKEND

This weekend, St. Clair Square salutes the efforts of the many service organizations who selflessly dedicate their time and energy to help make our community a better place in which to live.

Join us this Saturday and Sunday as we host representatives from local clubs, service organizations, educational facilities and other non-profit groups with special displays set up throughout the mall.

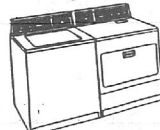
Take advantage of this wonderful opportunity to learn more about these important local groups and discover how you, too, can make a difference in your community.

WE'RE SO EXCITED!

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49 1/4" x 17 1/4" x 28 3/4"

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Horoscope

The last quarter moon helps you make necessary adjustments to important projects so you can get them completed. Listen within, and strive for improvements. The moon in Gemini tends to bring out your verbal dexterity. Get out from under stressful burdens as much as possible, and your body will thank you for it. Make as many phone calls as possible to stimulate sales. Take up a new interest.

TODAY'S BIRTHDAY (Sept. 8) Expanded self-expression and energy make this a memorable year. Look to the future, not the past. A major love affair is likely, and with someone unlikely! October shows practical gains and business reorganization. Shake up usual routines in November. Marriage is favored in December. Super-productivity will come in '94. April is strong for material advancement, if you make the effort. Expect romance in May.

ARIES (March 21-April 19) Doing what comes naturally doesn't mean having a license to take advantage of someone who may be defenseless. Someone comes along who helps fill in the missing pieces of your personal life. Be kind.

TAURUS (April 20-May 20) You have a way of winning others over just by showing up. Work goes faster if you have a good ally. With enough motivation, you could become the top salesperson. When pressure lessens, health improves.

GEMINI (May 21-June 21) A personal transformation requires taming your mind, body and emotions. Family communication improves. Look for work connected with the health industry. Moonlighting with a part-time job may be the answer to a prayer.

CANCER (June 22-July 22) Your kids will be eternally grateful if you get them the best education possible. Your instinctive grasp of others' needs amounts almost to genius. Music balances your emotional nature and restores inner peace.

LEO (July 23-Aug. 22) Expert professional care will be available should you need it. It pays to compromise if you want to meet your objectives on time. You have more say-so with the power of the group standing behind you.

VIRGO (Aug. 23-Sept. 22) It pays to reschedule a meeting that could mean a lot to everyone. Emotional rewards come from sharing your good fortune with others. Top-notch professionalism will be well rewarded. The right diet will bring you relief.

LIBRA (Sept. 23-Oct. 23) There's no doubt about it—it's time for you to initiate personal reforms. You have insight into one special person that no one else has, so share it. Keep a cool head if your partner decides to throw caution to the wind.

SCORPIO (Oct. 24-Nov. 21) Your fever for success requires that you be willing to work longer hours. Do what you can to prevent accidents in the home. Get the job done in the most painless way possible. You have strong endurance.

SAGITTARIUS (Nov. 22-Dec. 21) There are ways you can train your memory and score needed points in business. Laying a guilt trip on yourself for past actions will be counter-productive. Meeting new people will be a positive experience.

CAPRICORN (Dec. 22-Jan. 19) Your clarity of vision, especially about future trends, could help make you a fortune in the marketplace. Join forces with those who are doing worthwhile things. Trust your own instincts first; then, listen to advice.

AQUARIUS (Jan. 20-Feb. 18) Avoid being impatient with those who are depressed. The best way to ensure lasting happiness in love is to kiss and make up. Stay on track with your success plan—you're getting closer to completing a major deal.

PISCES (Feb. 19-March 20) Whatever comes to pass now is sure to be in your best interest. Unacceptable conduct won't help. You will soon be able to pick yourself up and start over, if necessary.

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Panther's 'Son' no relation to original By Harry Hamm Correspondent

Producer-director Blake Edwards has tried to replicate the comic genius of Peter Sellers with the release of a pathetic wisp of a sequel called "Son of the Pink Panther." It fails at nearly every turn.

It has been 10 years since the last Pink Panther film, which was another box office flop without Sellers, who died in 1980.

The plot of this film, which is tissue-paper thin, revolves around the kidnapping of a Middle Eastern princess from her royal yacht. The kidnappers demand \$100 million in ransom and that the king abdicate.

But that flimsy premise disappears quickly as "Son of the Pink Panther" rapidly deteriorates into a collection of comedy scenes showcasing Benigni.

Benigni's style is clumsy slapstick and goofy expressions. Although he attempts to recreate most of Sellers' classic comic gambits, including butchering pronunciations, Benigni lacks the comedy presence, skill and dignity of Sellers.

Rated PG (some sexually suggestive moments). Running time: (92) minutes.

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This coupon is redeemable for \$4.00 on any two dinner entrees. Due to family. Expires September 30, 1993.

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'Only the Strong' is only weak at best

By Harry Hamm
Correspondent

Now that we've seen karate and the kwon do in the movies, along comes yet another martial arts regimen called capoeira, pronounced cap-WAY-rah.

It is a combination of combat maneuvers and dance that originally was developed by slaves in Brazil in the 16th century. It was used as a surprise defense against white colonists, for whom the slaves worked.

In "Only the Strong," Mark Dacascos plays Louis Stevens, an ex-Green Beret who returns to his high school in Miami to find it controlled by gangs and

the drug trade. Stevens personally trains a dozen "good" kids in capoeira to fight off the bad guys. He eventually faces off against a character named Silverio, a ringleader who is a cousin of Stevens' and an expert in capoeira.

"Only the Strong" is most notable for the choreography of the fight scenes, which feature a lot of dance moves. As the central character, Dacascos is a terrible actor with one expression, blank. The movie is a dud.

Rated PG-13 (scenes of violence). Running time: 96 minutes.

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St. Louis Science Center
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Stuffed Green Peppers

TUESDAY
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Chicken Livers with Homemade Gravy
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Baked Beans with Frank's

WEDNESDAY
Tender Fried Chicken
Homemade Chicken & Dumplings
Meat Loaf
Polish Sausage & Sauerkraut

THURSDAY
Tender Fried Chicken
B.B.Q. Chicken
Beef & Noodles
Chopped Sirloin & Mushroom Gravy

FRIDAY
Tender Fried Chicken
Breaded White Fish
Spaghetti with Meat Sauce
Sirloin Beef Tips with Rice

SATURDAY
Tender Fried Chicken
Baked Ham
B.B.Q. Pork Ribs
Beef Stir Fry

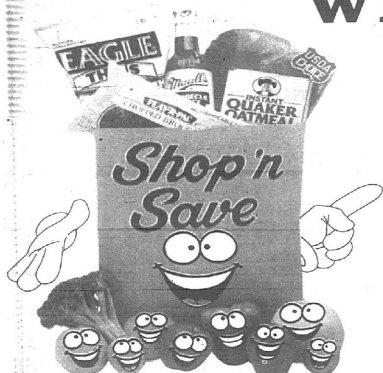
SUNDAY
Tender Fried Chicken
Roast Beef
Baked Ham
Homemade Chicken & Dumplings

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• Planning and delivery of seminars and relate well with public.
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ESCORT	'91 BLUE, 4 DR, 38,000 MILES #32555A	\$7,995
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TEMPO	'90 TAN, 4 DR, 42,000 MILES #350	\$6,795
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RANGER SUPER CAB	'90 BRIGHT BLUE, 6800 MILES #326	\$14,995
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F-150	'92 WHITE, 25,000 MILES #999A	\$11,995
F-150	'92 RED, 27,000 MILES #07674A	\$10,495
F-150 4X4	'92 RED, 29,000 MILES #71434A	\$14,495
F-150	'92 RED, 19,000 MILES #70231A	\$12,995
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RANGER	'92 WHITE, 15,000 MILES, #30052A	\$9,995
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OLDS CIERA	'92 RED, 4 DR, 40,000 MILES #31948A	\$10,695
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CAPRICE	'91-OK FIELD, 4 DR, 26,000 MILES #798	\$12,695
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